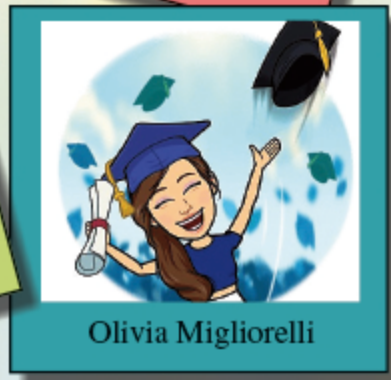
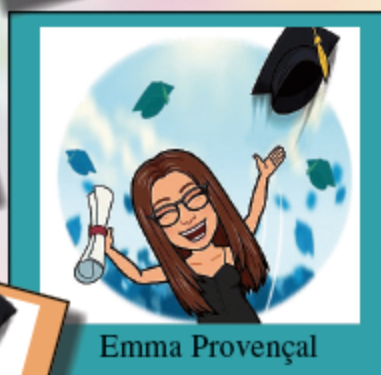
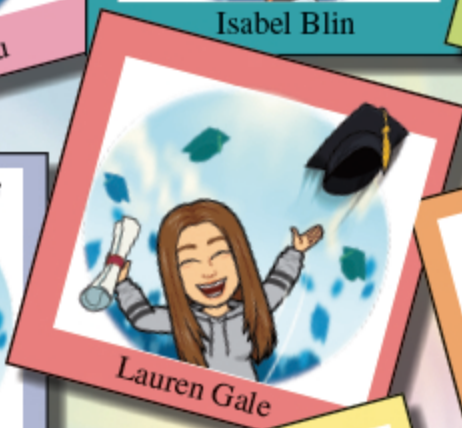

Memories from the Heart

2020



Congratulations Class of 2020





The Sacred Heart School of Montreal



This is... Our School, Our Home, Our Sacred Heart

3635 Atwater Avenue
Montreal, Quebec
H3H 1Y4

A message from:

Shawn O'Donnell
Head of School



I would like to begin by telling all of our students how proud I am of their commitment and perseverance during this extraordinary period of the COVID-19 pandemic. They not only survived with online learning but actually thrived as they threw themselves wholeheartedly into our distance learning program.

Our students led many unique initiatives that saw them organizing weekly challenges, holding family games nights, attending virtual masses and offering virtual babysitting services for our busy teachers working from home with young children. They also read stories to some elementary school students and offered beautiful cards and messages of encouragement to many essential service and healthcare workers.

Of course, our students could not have carried out so many of these creative activities without the full support of their devoted teachers, who did an amazing job delivering the full “*Sacred Heart Experience*” to all of our pupils, ensuring that they were stimulated intellectually, social-emotionally, physically and spiritually. I sincerely thank every student and faculty and staff member, for their wonderful efforts during this very challenging time.

I would especially like to salute the **CLASS OF 2020** in celebration of their successes. All of these students are strong and capable young women who have demonstrated their commitment to each other and their school during their years at Sacred Heart. They have proven without a doubt that they are intelligent, resourceful, and always ready to lend a helping hand.

When COVID-19 hit hard in March, Sacred Heart didn't just stop being Sacred Heart because we couldn't come into the building. As we were fond of saying, “*The building is closed, but the learning continues.*” Our students, teachers and staff put all of their efforts into our new online program, and while it could never replace the in-school, human element of the Sacred Heart Experience, it came pretty close! Our community spirit and Sacred Heart's “Courage et Confiance” was as strong as ever!!

This was due in no small part to the strength and resolve of the class of 2020. These young women have stood up and shown us what they're capable of. Their creative efforts kept the whole Sacred Heart community, even alumnae and parents, active and connected!! They have helped set an example and show that the Sacred Heart family is still just as special even when we can't physically be there for each other.

The pandemic has been difficult for all of us, but for our graduates, even more so. This was supposed to be one of the best periods of their life: high school graduation. However, our seniors immediately seized the moment and went from obvious disappointment to positive energy and outlook. In the face of this incredible challenge, they came together to support each other and the whole school. They put on a brave face and inspired all of us to be positive and look on the bright side. They have taught us adults a valuable life lesson.

As you leave Sacred Heart, you become part of an even larger network of alumnae, who are out there helping to make the world whole again. As you join that family now, you too will be able to help make **change** for a better future. **Change** to help our environment; **change** to take better care of our elderly; **change** to take a stand against racism and discrimination. As Mahatma Gandhi said, “*Be the change you wish to see in the world.*”

On behalf of all of us at The Sacred Heart School of Montreal, I would like to wish you, the **CLASS of 2020**, great success in all your future endeavors. I also invite you to stay CONNECTED, now more than ever – the school won't be the same without you. We may not know what school will look like in September, but as soon as we are permitted to, we will come together in person to celebrate, and we'll be looking forward to having you visit the school often.

I would like to thank Ms. Michelle Lessey, faculty editor, as well as student editors Simona Ruscio and Sarah Shalhoub, for their dedication and countless hours devoted to this year's memory book. They have gone to great lengths to showcase our students' many, many talents and activities, and to capture student life at our school. I am sure you will enjoy the result of their efforts!!

A message from:

Anika Maloni
Director of Academics



As we close the door on this extraordinary school year, I wish to acknowledge the graduates of 2020 and each and every Sacred Heart student for their contribution and commitment. Prior to March, we had a fruitful year full of academic activities, athletics and school traditions. Thereafter, we continued to shine our light on an exceptional situation. We found new ways to connect, learn and accomplish our goals. Together, we responded with courage and confidence. Around us, we saw the true face of resilience in our society and witnessed the strength of those whose lives were impacted by such a disruptive force. Humanity learned some of the most valuable lessons in history and we all witnessed the power of the human spirit and the potential for the world to unite against a common threat.

And you, Graduates, in the middle of the madness, experienced an important rite of passage. One that is typically marked in ceremonious and exuberant ways. But even if those celebrations did not happen the way we all anticipated, you have completed your five formative high school years and grown immensely in the midst of a world pandemic. During the challenges, we were all pushed to reflect on what brings purpose and meaning in our lives and what we truly value. In turn, this introspection deepened our sense of self. The difficulties enhanced our gratitude for those we love, for the everyday luxuries we take for granted, and for the privilege of our Sacred Heart education. I saw your increased capacity for altruism, empathy and desire to act for the greater good as you led the school in innovating, staying connected, and supporting those in need. These lessons, which often take a lifetime to learn, were bestowed on you in a mere few months, all while you crossed the threshold into adulthood.

This year has given birth to a new era, new norms, new opportunities and the need for new leaders. Grads, tomorrow belongs to you and I have seen first hand the creativity, compassion, perseverance, and resourcefulness in each of you needed to pave the future. It has been a true pleasure to watch you grow over the last five years. This class holds a special place in my heart as it is the first I got to see complete their full five years at Sacred. I have watched you grow from elementary children into strong young women. I am proud of your accomplishments, look forward to your adventures and know that each of you is destined to leave her mark on this world.

Use your gifts wisely. Continue to nurture your spiritual strength. Maintain an open heart. Stay humble. Always continue learning. Remember to focus on the journey and not the destination. May you each be blessed and protected as you leave these halls and may you always realize your power to heal a world in need of your love and ingenuity.

Sacred Heart, I am amazed at what we accomplished during our shortened school year. A special thank you to the entire Sacred Heart staff for their support in navigating these uncharted waters.

Graduates, we will miss you, but this year and your legacy will forever be remembered as you begin a new chapter in history.

A message from:

Erika Rath
Director of Students



This year is definitely one for the books! Who would have thought that a pandemic would paralyze the world? Although this is not the ending we had hoped for, I know it has taught you a lot about yourselves and who you wish to become. As you prepare to leave Sacred Heart, remember that you are strong, independent, and resilient women.

Success is measured by the challenges you face, and every journey has its challenges. With that being said, over the last year, but especially during the past months, you have shown us all how mature, driven, focused and kind you really are. You are the role models that every school wishes they had.

It has truly been an honor and privilege to be part of your Sacred Heart Family and your lives these past 5 years. I wish you all of the best and I know that you are well prepared to take this next step and go out into the world ready to make a difference.

No matter who you are, who you become, or where you go, you will always be welcomed back and remembered at Sacred Heart because the school will live forever in your hearts and will always be your home.

FACULTY AND STAFF

*The best teachers teach from the heart,
not from the book... *



Lisa Arella



Lara Artinian



Julian Beauvais



Nathalie Belfort



Iveth Bosmediano



Florise Boyard



Isabel Brinck



Stephanie Broadhurst



Maureen Brown



Maria Cusma Dovico



Patricia Danielidis



Christiane De Sainte
Marie



Dylan Devaney



Rose Elekanachi



Nadia Floriani



Luigi Fratta



Josh Friedmann



Angelo Gallo



Catherine Gauthier



Mary Gendron



Moira Gorman-Fisk



Gail Griffith



Pooyan Haghighat



Joan Harrison



Sarah Jones



Alexandra Lantosh



Marie-Elaine Laquerre



Lili Le Fèvre



Liezl Lee



Michelle Lessey



Nia Leventis



Kristina Lisak



Megan Littman



Giovanna Mazzariello



Gisela McIvor



James McRae



Toula Michalakos



Bethany Mount



Jennifer Newton



Sonny Nicolas



Colleen O'donnell



Hélène Pagette



Polly Palumbi



Myriam Phaneuf



Lauren Quintal



David Reda



Gedi Snapkauskas



Mirella Spadafora



Alyssa Trifonopoulos



Rosemary Vaupshas



Aran Waldbrook



Yuewen Wang



Peter Ward





FACULTY CANDIDS

Waiting for Mr. Friedman to grade something



Made by Newsha Mostafavi

SO YOU'RE TELLING ME



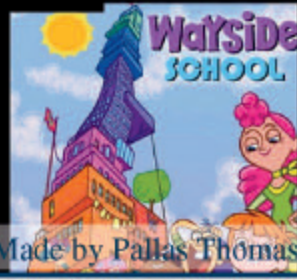
MY TEACHERS KNOW WHEN I'M DOING BUZZFEED QUIZZES IN CLASS?

OUR YEAR IN MEMES....

Normal schools:



Sacred:



Made by Pallas Thomas



participating throughout the mass



belting out Children of the Light at the end of mass

Made by Lauren Gale

Me explaining to Mr. Gallo why my social hours are related to the Sacred goals:

Mr. Gallo:



Made by Newsha Mostafavi

When you look at the multiple choice answers, and your answer isn't there.



Made by Ms Quintal

Me and my friends going to the science office after we analyze a test for 3 hours and find a way to get 0.5 marks more



Made by Lauren Gale

MME. PAGETTE



YOU GET A CANDY! YOU GET A CANDY!



a door mysteriously closes in class

Made by Lauren Gale

Sec V Chemistry and Physics



blinks

Made by Newsha Mostafavi

I GO TO SACRED



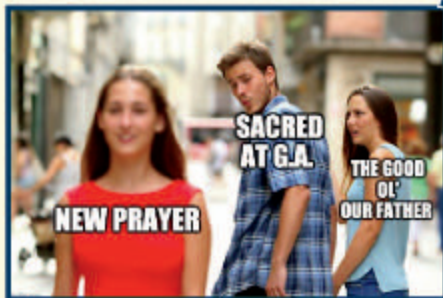
I GO TO SACRED HEART



I GO TO THE SACRED HEART SCHOOL OF MONTREAL



I ATTEND THE FINE INSTITUTION OF THE SACRED HEART SCHOOL OF MONTREAL

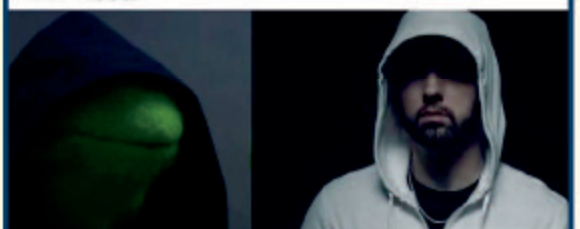


NEW PRAYER

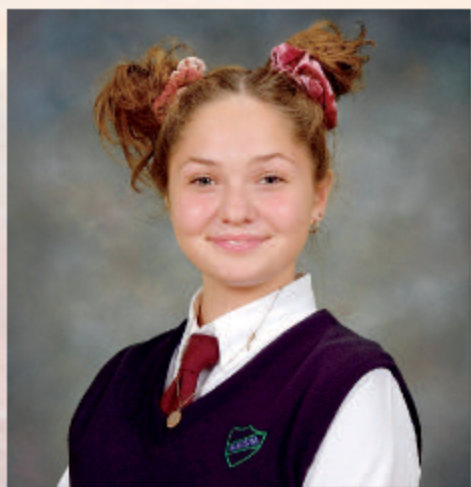
THE GOOD OL' OUR FATHER

joins google meet to ask Mr. Reda a question

Mr. Reda:



Made by Newsha Mostafavi

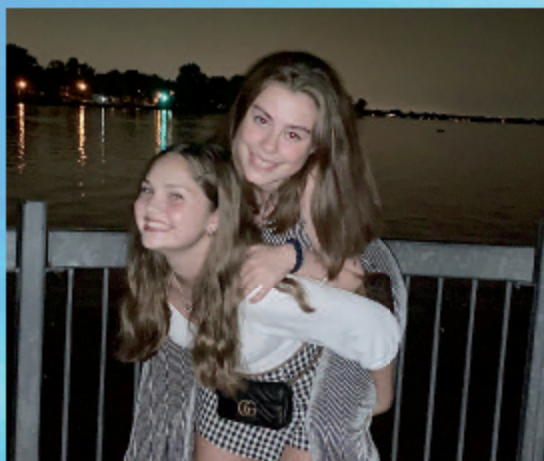


YEARBOOK EDITORS

We had so much fun creating this year's yearbook, though it definitely didn't happen the way we thought it would. We have learned through perserverance, hard work, and motivation that you can do anything. We have worked tirelessly trying to create an amazing way for you to look back on this eventful and fun-filled year. We would like to thank Ms. Lessey for all her dedication and for keeping up with us and our crazy excuses. We also couldn't have done it without the help of Ms. Trifonopoulos and our exceptional yearbook team. We will miss you all!

XOXO

Sarah Shalhoub and Simona Ruscio



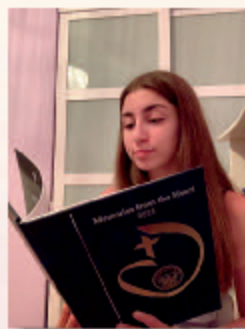
YEARBOOK STAFF



Erica Paul (II)



Rhea Cimino (III)



Erica Iorio (III)



Meggie Le (III)



Olivia Odorisio (III)



Laurena Ferarro (IV)



Mary Huang (IV)



Megan Montoni (IV)



Liana Cianci (V)



Hannah Lee
Poy-Paxman (V)



Ruitong (June) Liu (V)



Emma Provencal (V)



Lauren Gale (V)



Yuqi (Tina) Wang (V)



Schec Kang (V)

ADVISORS



Ms. Lessey



Ms. Trifinopolous

SPECIAL RECOGNITION



Ms. McIvor



Ms. Lantosh

ACADEMIC SUCCESS:

Music Awards:



Tri-M Music Honor Society: Yixuan Wang, Yue (Mary) Huang, Yasmina Di Lullo, Emma Provençal, Evagelia Rokas

100% on sec 4 SN Math provincial in 2019: Sofia Serabian



Social Innovators Award - upGen Bootcamp: Charlotte Cochrane

upGen Bootcamp Participants:
Lucy Tretiak, Stefani Anania, Amelia Coates (Finalist), Charlotte Cochrane

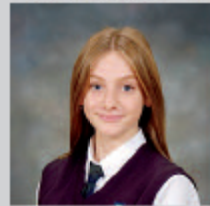


YPI Finalists: Each charity is the recipient of a 1,250\$ grant



L.O.V.E:

Emma Popieraitis-Coppola, Sophia Magafas, Jordan Smith, Pallas Thomas



Diabetic Children's Foundation: Natascha Aiken, Emily Christie, Nora Cunningham, Megan Montoni, Elleana Vardaro



Generation Foundation:

Cettina Cammalleri, Isabella Di Caprio, Laurena Ferraro, Amanda Valente

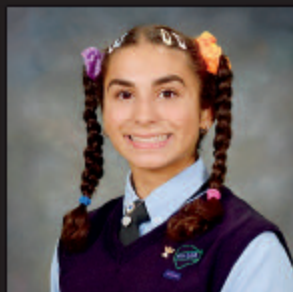


Maison Flora Tristan: Yasmina Di Lullo, Chloe Miller, Evagelia Rokas, Yiduo Wang, Ham Wen Yeung



PREFECTS '19-'20

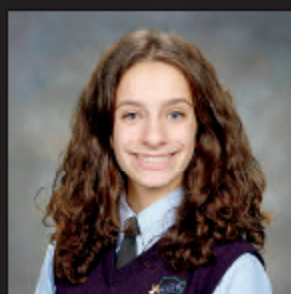
THE BACHELOR



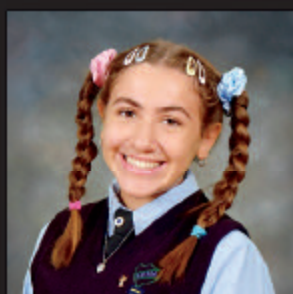
President:
Zoe Boosamra



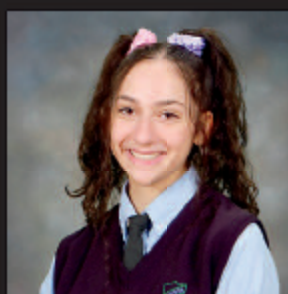
Vice President:
Lauren Gale



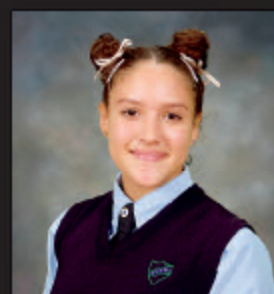
GAA:
Elena Apostolatos



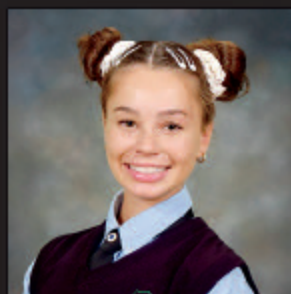
GAA:
Liana Cianci



Secretary/Treasurer:
Sofia Scalia



Pastoral:
Hannah Lee Poy-Paxman



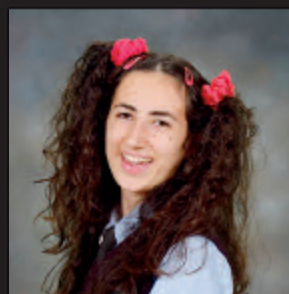
Barat House Head:
Cassandra Baldry



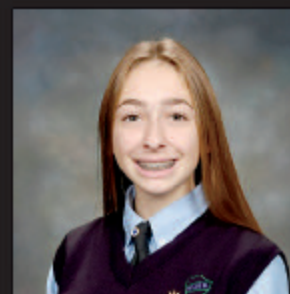
Digby House Head:
June Liu



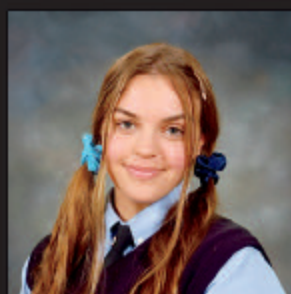
Durosier House Head:
Jenna Coverini



Duchesne House Head:
Julia Cacioppo



Sheldon House Head:
Anna Garon



Stuart House Head:
Lola Vincenti



Trincano House Head:
Gabriella Nicolau







SACRED GIRLS

2020

THIS IS WHO WE ARE

Rosalie Campanella
Lara Capozzo
Olivia Carmosino
Maya Carter Allatt
Bianca Catallozzi
Charlotte
Charbonneau



Rosie Colapelle
Spatari
Mariana Cordeiro
Guzman
Violetta D'andrea
Mia Di Caprio
Stefania Di Florio
Lianne Discepola



Angelina Ferri
Sophia Filipchuk
Allissa Gangai
Andrea Garone
Portia Haddad
Jenna Hickman



Nan (Elly) Jiang
Noor Zehra Khwaja
Kaya Kubisztal
Anastasia Malatesta
Marlene Martinez
Gonzalez
Brianna McLeod





Margaret Molson
Marra Mona Phillips
Hannah Robertson
Saiya Saini
Giulia Sicoli
Giada Stabile



Krystyna Magdalena
Tomiuk
Sofia Tsantes
Morgan Williams
Zihan (Carina) Wu
Jianqiling (Jane) Zhao



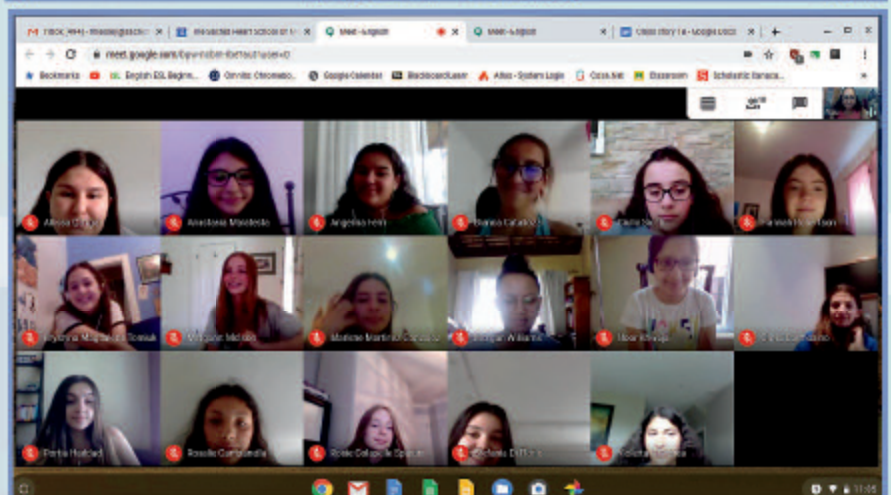
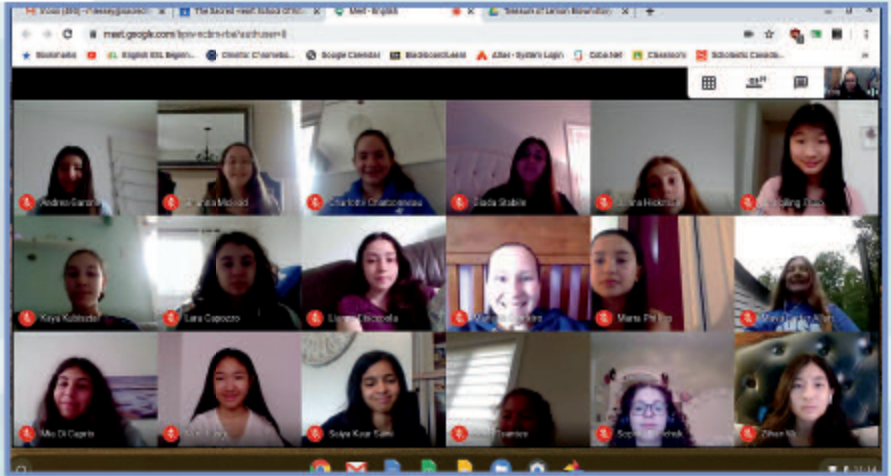
Secondary 1

Class of 2024





The last three months of our school year were spent doing virtual classes



Sec 1 Candids

And so the adventure begins



For our first retreat, we went to a parish, played games and watched the movie "We Bought a Zoo." It showed us that family doesn't have to be related by blood; it can be anything. We're all a family, and we should take care of each other and be there for each other.
- Saiya



I loved the movie we watched at Retreat! I also liked the group exercise where we had to partner up with someone we didn't know well and get to know them better.
- Andrea



"THIS OR THAT" WITH OUR SEC 1s
YELLOW STAIRCASE OR PINK STAIRCASE
1ST FLOOR BATHROOM OR 3RD FLOOR BATHROOM
SPIRIT (THE DOG) OR ALICE (THE GHOST)
MAC & CHEESE OR CHICKEN BURGER
G.A OR HOMEROOM
TIKTOK OR INSTAGRAM
DASHABUSTADD OR CHRISTMAS WISHES
HANGING OUT IN THE GYM OR THE LOUNGE
HASH BROWNS OR CINNAMON BUNS



Angela Anastasopoulos
Yu (Zara) Bai
Mackenzie Nicole
Baldry
Carolyn Berkling
Drouin
Olivia Blizzard
Olivia Bourret



Kiara Caprera
Emma Catallozzi
Yoonha Cho
Sabrina Colella
Savannah Corsetti
Daniela De La Vega
Brindis



Maya Djurovic
Marlena Ching Laam
Fok
Jenna Hagley
Emily Kavvouras
Yuyi (Emily) Lu
Alik Markarian



Katya Markarian
Julia Mazzaello
Sarah McAleer
Kaitlyn Ment-Khoury
Kaylin Montour
Bianca Paolucci





Erica Paul
Maya Piscopos
Sarah Price
Maria Fernanda
Redondo Enriquez De
Rivera
Maria Elena Romo
Dosamantes
Alexandra Scodras

Luofei (Alisa) Shi
Xihe (Isabel) Shi
Téa Smeraglia
Emily Stevenson
Yitong (Irene) Sun
Gabriella Szanajda
Monticciolo



Secondary 2 Class of 2023



We enjoyed going to the
RobbNash Concert at Place
des Arts



Lucy Tretiak
Marianna Triassi
Jacqueline Vincelli
Raffaella Vincenti
Yixuan Wang
Madison Wareham



Cassidy Wilson
Ariana Zacchigna
Zahra Zargham





We watched a movie, "The Blind Side." It was very inspiring and taught us to be grateful for what we have: a family who loves us.
-Kaitlyn



The retreat made me realize that we should be grateful for what we have. Like a family who loves us and that takes care of us. It also made me realize that we should accept others for who they are.
-Julia

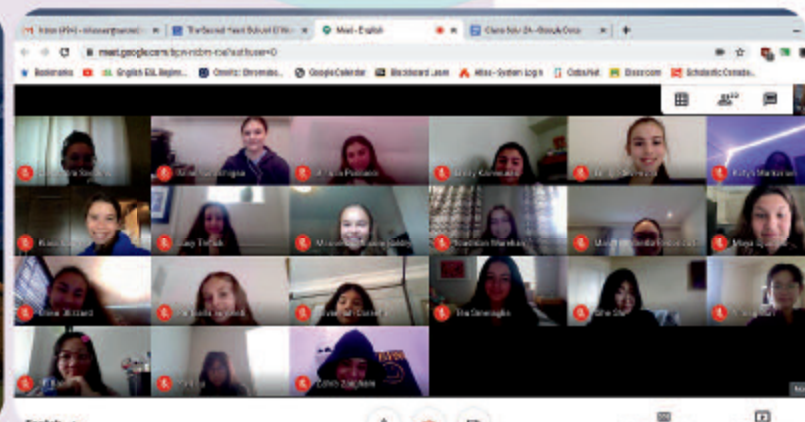
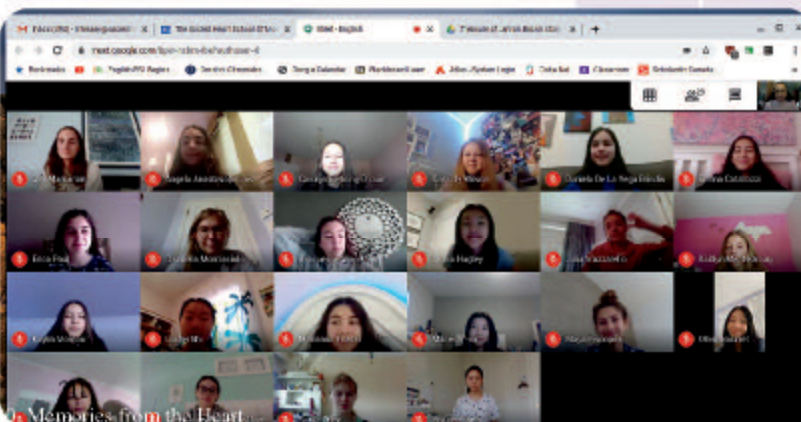


It was very inspiring. We saw a movie and it was very emotional because of the way he sleeps on the streets and only has one pair of clothes whereas we have a lot. It made me feel very grateful and showed me to never complain about what we have.
-Maya D.



Being at the retreat with all the people who surround me each day made the experience even more special and fun. In groups, we created scenes to show our classmates the difference between being kind and not being kind. We learned to work together as a team on a matter that interferes in everyday life.
-Erica

R & Quarantine



Candid's >>>

"THIS OR THAT" WITH OUR SEC 2s
YELLOW STAIRCASE OR PINK STAIRCASE
1ST FLOOR BATHROOM OR 3RD FLOOR
BATHROOM
SPIRIT (THE DOG) OR ALICE (THE GHOST)
MAC & CHEESE OR CHICKEN BURGER
G.A OR HOMEROOM
TIKTOK OR INSTAGRAM
DASHABUSTADD OR CHRISTMAS WISHES
HANGING OUT IN THE GYM OR THE LOUNGE
HASH BROWNS OR CINNAMON BUNS



Stefani Eva Anania
Sienna Béliveau
Madison Bériault
Kristina Boulet

Chiara Caucci
Madeline Christopoulos
Rhea Cimino
Amelia Coates



Charlotte Cochrane
Chiara Colafabio
Taryn Costigan-
Coleman
Brenna D'ambrosio
Olivia Diamantopoulos
Jenna Downey



Lisa Marie Fazio
Mikayla Forlini
Salma Hanano
Erika Iorio
Qi Jiang
Emma Rebekka
Jonasson





Penelope Karounis
Julia Kubisztal
Zoe Lambroulias
Ziqing (Orchid) Lan
Daniela Larrondo
Origel
Meggie Le



Immacolata Lombardi
Samantha Alexa
Marino
Keisha Marshall
April McLeod
Eva Mesina
Lorena Migliorelli



Secondary 3

Class of 2022



Ocean Mossey
Olivia Odorisio
Chiara Eliana Paolitto
Elia Paré
Felicia Presti
Mariam Ramlawi



Simona-Dalia Ranieri-
Thompson
Sabrina Roberts
Méganne Zabbal
Yiting (Ada) Zhao



Not the youngest...

Candid

Not the oldest...

Stuck in the middle... and loving it





Joelle Abouserhal
Natascha Aiken
Leah Amodeo
Rebecca Barakett
Alyssa Bucaro
Sofia Buggé
Vanessa Buggé



Meihao Cai
Fabiana Calce
Cettina Cammalleri
Stefanie Capozzo
Emily Christie
Emma Coppola-Popieraitis
Jessica Cristiano



Nora Cunningham
Katerina D'ambrosio
Madison D'souza
Maya Da Silva-Rosa
Ngoc Minh Anh (Raven) Dang
Tara Delaney
Isabella Di Caprio



Yasmina Di Lullo
Sarah-Nicole Di Paolo
Lara Dimitri
Laurena Ferraro
Félicia-Jessica François Mesina
Julia Gagné
Ainsley Goodleaf



Mufei Huang
Yue (Mary) Huang
Ava Iorio
Rathisha Iyadurai
Xinran (Robin) Jiang
Dayoon Kang
Jura Anne Kruszewski





Hongxuan (Alina) Lu
Sophia Magafas
Anna Maloney
Mara Mastrocola
Sofia Mignacca
Chloe Miller
Megan Montoni



Ciara Moore
Cienna Nemeth
Maika Palmieri
Eliana Pantazopoulos
Amanda Paterson
Evagelia Rokas
Ava Rowe



Jaymie Sacchetti
Michela Santini
Catharina Marianne Schoch
Sofia Serabian
Yichen Shen
Jordan Smith
Linger (Danielle) Tan



Secondary 4

Class of 2021



Pallas Thomas
Brianna Tutino
Amanda Valente
Elleana Vardaro
Francesca Volpato
Huiying (Sophie) Wang
Yiduo (Lucy) Wang



Reese Wereley
Wai Suet (Nikki) Wong
Meilun (Milly) Yan
Ham Wen (Katie) Yeung



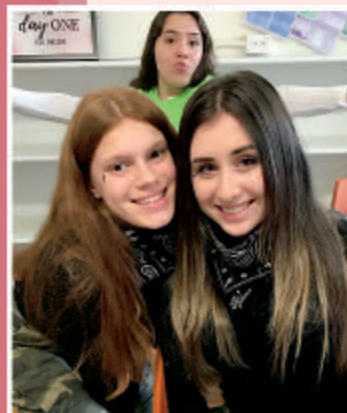


We work
hard.
We play
hard.

CANDIDS

We're
almost
there...







*this is how we
connect
live & virtually*



My dear fellow Barat Bears,
It has been an absolute
pleasure being your house
head this year. It was truly
an honour to lead such a
determined, fun, and
spirited house. Your
participation, engagement
and teamwork lead us to
accomplish many things
this year, such as winning
Sports Day.

Thank you for being the
beary best family and I am
so proud of our hard work.
Special thank you to Ms.
Artinan and my co-captains:
Sam, Mara, and Sarah for all
of their help. No matter
what, Barat house is
Dynamite. Thank you for an
amazing 5 years; I wish you
all the best in the future.
xoxo

BARAT



HOUSE HEAD: CASSANDRA BALDRY
CO-CAPTAINS: SARAH-NICOLE DI PAOLA
SAMANTHA MARINO
MARA MASTRICOLA

Dear Digby House
members, thank you all
so much for this
amazing year. It was so
much fun during the
sports days and all the
house meetings we had.
Even though we didn't
bring back any awards,
at least we tried our best
and most importantly-
we had fun! I enjoyed
every moment spent
with you guys. I will
miss you all, good luck
for next year.
D-I-G-B-Y, Digby is
the best!

DIGBY



HOUSE HEAD: JUNE LIU
CO-CAPTAINS: ALYSSA BUCARD
CHIARA PAOLITTO



DuROUSIER



Hey my buzzy bees, we killed it this year!! I am so proud to be the Queen Bee with my amazing co-captains. I couldn't have asked for a better hive! Keep the winning streak going; I BEElieve in you guys. Keep it sweet bees!



HOUSE HEAD: JENNA COVERINI
CO-CAPTAINS: CETTINA CAMMALLERI
AVA IORIO
MEGAN MONTONI

DUCHESNE



To all my ladybugs: thanks for keeping the energy as fiery and as (red) hot as ever this year! It was an honour being the leader of such a spirited and determined house. I was pleased by the hard work and engagement that all of you have shown in our activities and competitions. I can proudly say that you held one thing true: we may be small, but we're mighty!!! All the best next year xoxo

HOUSE HEAD: JULIA CACIOPPO
CO-CAPTAINS: CLARA HLIBCHUCK
OLIVIA MIGLIORELLI
SARAH SHALHOUB



We can't wait to spend another great year with all of you. We thank you from the bottom of our hearts for the fantastic memories and the endless amount of team spirit.

Love, your co-captains:
Pallas, Jessica, and Emma!

HARDEY



**CO-CAPTAINS: JESSICA CHRISTIANO
EMMA COPPOLA-POPIERAITS
PALLAS THOMAS**



Dear Sheldonites,
What a pleasure it has been to lead you all this year as your house head. Our determination, perseverance and positive spirit lead us to accomplish something nobody could have ever imagined: placing 2nd on Sports Day. Sheldon has always had a difficult time competing against other houses. After my first Sports Day, I told myself, one day I am going to lead this house and things are going to change. My goal as a house head was to make a difference in the history of our house. With the help of all of you, I think we have succeeded. Keep up the positive and competitive spirit! Thank you for an amazing year!

SHELDON



**HOUSE HEAD: ANNA GARON
CO-CAPTAINS: EMILY CHRISTIE
IMMACOLATA LOMBARDI**





STUART



HOUSE HEAD: LOLA VINCENTI
CO-CAPTAINS: EMMA PROVENCAL
TARA DELANEY
VANESSA BUGGÉ

Dear Stuart House members, thank you so much. From all the fun and games of house meetings, to the cheerful sports days and your amazing Stuart spirit in everything you did this year, you made my "job" a lot easier. To the girls who are staying for the next few years, let's make every year after this one STUART'S YEAR! Special thanks to my co-captains Emma, Tara and Vanessa. You girls helped me so much and I will always be thankful. Let's go Stuart!



TRINCANO



HOUSE HEAD: GABRIELA NICOLAU
CO-CAPTAINS: LEAH AMODEO
YASMINA DI LULLO
SOFIA MIGNACCA

Hey Trincano members! I am so proud of all of the spirit that you show and the pride you have in your house. It's amazing that we won the spirit award, and it's all thanks to each one of you! I hope you all had as much fun as I did. Good luck for next year; I will miss you all! I trust you to carry on our legacy with enthusiasm!



SPORTS DAY

Fire & Ice

★ The WINNERS... for SUMMER



1st Place: DuRousier and Barat



2nd Place: Sheldon



3rd Place: Duchesne



Spirit: Trincano

SPHSVM Spirit



The day culminated with a tug of war between the teachers and the students!





THIS YEAR THE GAAs ORGANIZED A SUMMER AND A WINTER SPORTS DAY!



The Organisers



FIRE

ICE



★ The WINNERS... for WINTER



1st Place: DuRousier



2nd Place: Barab



3rd Place: Sheldon



25th Anniversary

Girls for the Cure



Money raised by SHSM: \$40,000
Total money raised: \$126,188



Volunteering at Sacred Heart

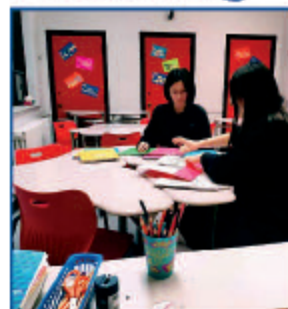


I volunteered to help people who are less fortunate. I took items that people donated to the church and priced them (low and affordable). I organized the objects before everyone came to look and see what they wanted. It showed me how people can benefit from small actions, not only big gestures. Overall, it was a wonderful and happy experience. It felt good helping people in need and it showed me how lucky I truly am.
- Carolyn Berkling Drouin

Over March break, I volunteered at my local church (Church of Nazarene). They have a soup kitchen every Wednesday. In our area there are many homeless shelters that don't have enough meals to feed every one. That is why the church's soup kitchen is so important. I learned how every meal was made. Everything was used, including all the leftovers. I was impressed by the hard work everyone put in, and with great smiles. We made over 95 meals and each and every meal was used. "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." - Elia Paré



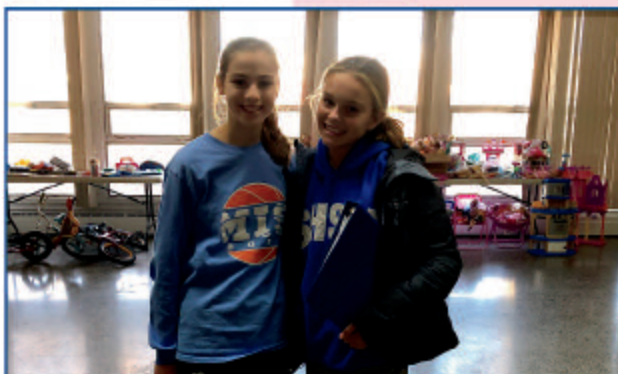
"Though tiring, it's definitely worth it."
Yixuan Wang



It was really cool meeting Chuck Hughes, a world renowned chef, at one of my community services.
- Julia Mazzearello



For our volunteer experience, Yoonha and I cut invitations to give to people that wanted to buy something.
- Daniela De La Vega

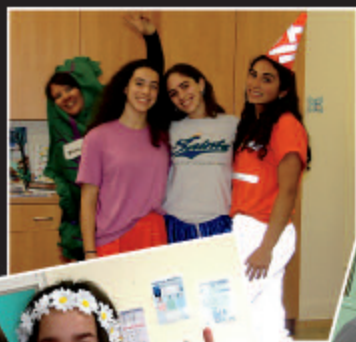


I had a wonderful time volunteering at my church's Christmas bake sale which was a fundraiser for underprivileged children. I realized that there are many people who care about all kids in our community. This experience also allowed me to develop my leadership skills. I hope to do this again next year!
- Erica Paul





SPIRIT DAY



I liked the fact that we came together to celebrate a holiday like a big school family.
-Lara IA



I like how we got together with our houses and I really liked the contest for the best costumes.
-Mia IA



I had a blast playing in the handball game against the teachers. It was so fun to see our grade play together after five years of waiting for it.
- Sarah VA





Christmas at the Heart



Prefects taking a break to pose for a picture after a morning of carolling.



Every year, we come together as a school to celebrate the holidays. It's always a great time to get excited for Christmas, especially since exams are over. We love giving back and spending time together watching the Christmas concert and Christmas Wishes.

-Simona



Santa, Rudolph, elves... What more do you need to get in the Christmas spirit?

My favorite part about being pastoral prefect is seeing everyone at Sacred go the extra mile during the holiday season. All the girls become so generous.

- Hannah



I love Christmas time at Sacred Heart. I think we do an excellent job of giving back to the community. My favorite part is Christmas Wishes. This year I had the privilege of directing an amazing group and being MC. All of the actresses and directors did an incredible job. Thanks to everyone's cooperation and Mme. Gauthier's help, it was a success.

- Lauren



I love playing in the Christmas Concert every year and watching everyone sing along to our favorite Christmas songs.

- Emma

CARNIVAL 2020 VISION



SEMAINE DE FRANÇAIS



FILMS REGARDÉS

Secondaire 1:
Pee Wee

Secondaire 2:
Aurélien
Laflamme: Les
pieds sur terre

Secondaire 3:
La famille
Bélier

Secondaire 4:
Les
Introuvables

Secondaire 5:
Demain Tout
Commence

Pièce de théâtre qui traite de l'environnement. En l'an 2030, Claire et Alexandre sont assis dans leur jardin. Deux sacs de poubelle tombent du ciel... Ils essayent de s'en débarrasser chez leur voisine, mais elle est là... Des voisins appellent la police verte qui analyse les sacs: déchets radioactifs ! C'est l'histoire de ces sacs et du fait qu'il faut nettoyer la planète et faire des efforts de recycler, de réutiliser et de diminuer la consommation.



Home



Trending



Subscriptions



Library

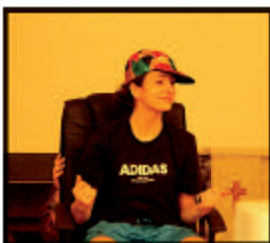


History

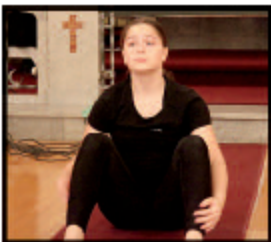
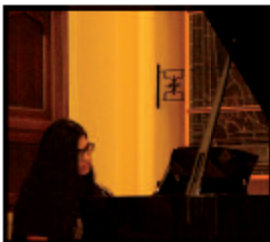
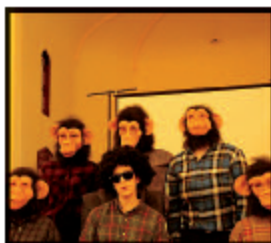
DASHABUSTADD 2020 |



RECOMMENDED



YOUR FAVORITES



VIEW MORE

HOOPS FOR HOPE |

1ST EDITION



SHOOTING STARS



JUST HOOP IT



On November 14, 2020 we held our first annual Hoops for Hope basketball tournament benefiting the Bursary fund and Liana's Dream Foundation. This year we had 12 teams participate in the tournament including current students, teachers, alumnae, and parents. We proudly raised over \$2800 and had a blast creating funny team names and playing in friendly but competitive games. This event has quickly become one of our favourite events of the year and we can't wait for next year! -Ms Littman



DETENTIONATORS
MOM AND TOTS
SASKATCHEWAN



BOING BOING SWISH

"It was so nice seeing so many current students and alumnae coming together in a friendly basketball tournament to raise money for an amazing cause! A few of my highlights were definitely winning with the rest of Boing Boing Swoosh and playing against my mom and sister! The event was so much fun and so many people came out to play! -Liana



SACRED BALLERZ



NOTHING BUT NET



BALLINATORS



SUPER SIX



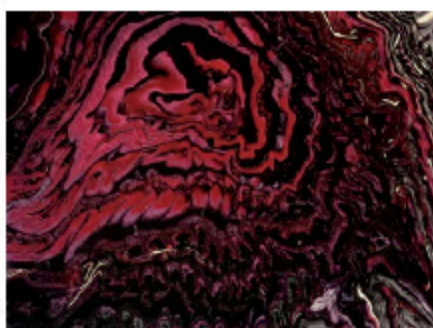
THE WARRIORS

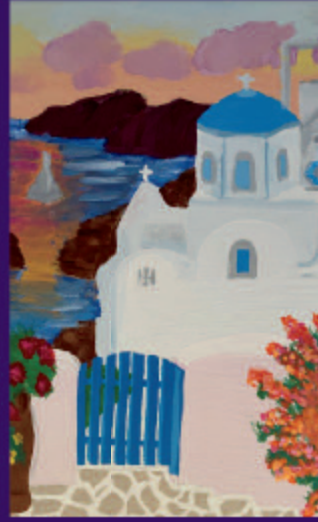
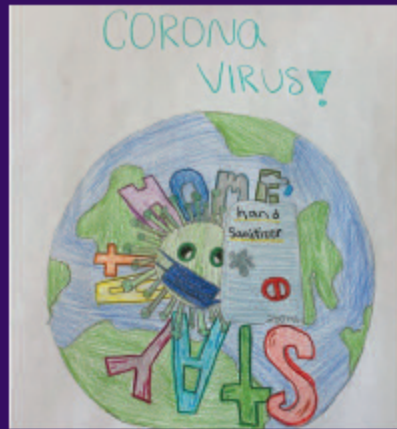


HOT SHOTS



VIRTUAL ART





FESTIVAL



Clubs



Model UN

Faculty Advisor: Ms. Cusma

Participants: Emilia Coates, Madeline Christopoulos, Emma Coppola-Popieraitis, Penelope Karounis, Julia Kubisztal, Hannah Lee Poy-Paxman, Chloe Miller, Ciara Moore, Newsha Mostafavi, Eliana Pantazopoulos, Felicia Presti, Mariam Ramlawi, Jordan Smith, Pallas Thomas



Free the Children

Faculty Advisor: Ms. Cusma

Coordinators: Bridgett Williams and Catherine Mourelatos

Members: Leah Amodeo, Sofia Buggé, Vanessa Buggé, Cettina Cammalleri, Emma Coppola-Popieraitis, Jessica Cristiano, Tara Delaney, Yasmina Di Lullo, Sarah-Nicole Di Paola, Lara Dimitri, Madison D'Souza, Erika Iorio, Rathisha Iyadurai, Jura Kruszewski, Hannah Lee Poy-Paxman, Sophia Magafas, April Mcleod, Sofia Mignacca, Chloe Miller, Ciara Moore, Maika Palmieri, Emma Provencal, Evagelia Rokas, Simona Ruscio, Pallas Thomas, Briana Tutino, Amanda Valente, Elleana Vardaro, Méganne Zabbal



Midi Jasette

Faculty Advisor: Mme Lisak

Participants: Marlena Fok, Brianna McLeod, Hannah Robertson, Gabriella Szanajda Monticciolo, Maria Fernanda Redondo Enriquez de Rivera, Cienna Nemeth

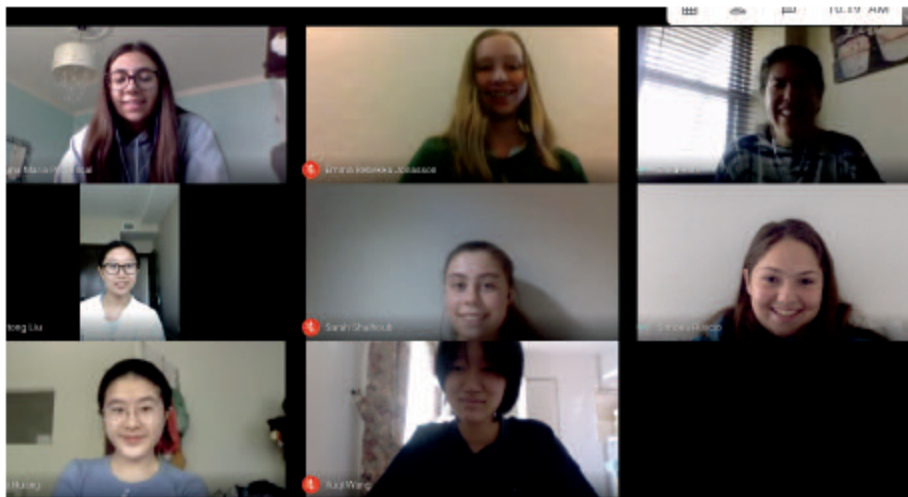


Cultural Club

Faculty Advisor: Ms. Rath

Cultural Coordinators: Tina Wang & Emma Provençal

Members: Amanda Fu, Mary Huang, Rebekka Jonasson, Hannah Lee Poy-Paxman, June Liu, Simona Ruscio, Sarah Shalhoub



Walking Club

Faculty Advisor: Ms Newton

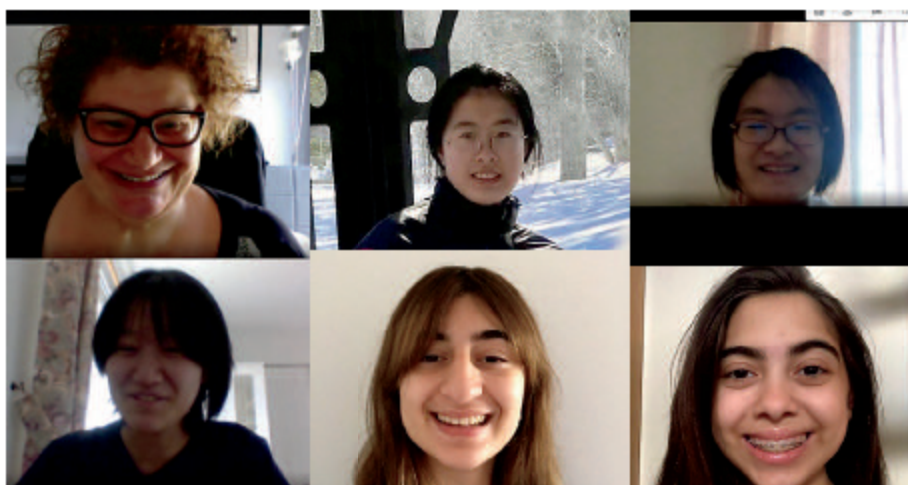
Members: Alyssa Bucaro, April Mcleod, Elena Apostolatos, Ms. Rath, Gabriela Nicolau, Ms. Newton, Ms. Harrison, Ms. Quintal, Laurena Ferraro, Leah Amodeo, Ms. Brown, Ms. Littman, Ms. Broadhurst, Jenna Coverini, Mario Coverini, Elia Paré, Ms. Gorman-Fisk Ms. Le Fèvre



The Pulse

Faculty Advisor: Ms. Arella

Members: Stefanie Capozzo, Amanda Fu, Tina Wang, Mary Huang



Final Production Cast

Faculty Advisors: Ms. Brown and Bethany Mount

Participants: Cassandra Baldry, Elena Apostolatos, Isabel Blin, Julia Cacioppo, Ruitong Liu, Lauren Gale, Liana Cianci, Newsha Mostafavi, Simona Ruscio, Tianxin Fu, Zoë Boosamra, Emma Coppola-Popieraitis, Michela Santini, Pallas Thomas, Vanessa Buggé, Yasmina Di Lullo, Chiara Caucci, Felicia Presti, Sienna Béliveau

Comic Book Club

Faculty Advsor: Mr. Beauvais

Members: Isabel Blin, Ainsley Goodleaf, Ngoc Minh Anh Dang, Zhilin Hu, Mufei Huang Nan Jiang, Hongxuan Lu, Ocean Mossey, Cienna Nemeth, Amanda Paterson, Michela Santini, Qinyun Song, Yixuan Wang, Morgan Williams, Yimin Wu, Zihan Wu, Jianqiling Zhao, Yufei Zheng, Xuyi Zhou



Cooking Club

Faculty Advisors: Mme Gauthier (Fall)
Mr Pooyan and Ms Artinian (winter)
Members: Mariana Cordeiro, Yasmina Di Lullo, Lara Dimitri, Laurena Ferraro, Julia Mazzaello, Newsha Mostafavi, Catherine Mourelatos, Erica Paul, Emma Provençal, Maria Fernanda Redondo Enriquez de Rivera, Maria Elena Romo Dosamantes, Catharina Schoch

Fitness Club

Organizer: Sofia Buggé

Members: Fabiana Calce, Hannah Lee Poy-Paxman, Jaymie Sacchetti, Laurena Ferraro, Pallas Thomas, Vanessa Buggé, Tara Delaney, Yasmina Di Lullo, Lara Dimitri, Julia Kubisztal, Sabrina Roberts, Taryn Costigan-Coleman, Catherine Mourelatos, Ava Iorio, Mara Mastrocola, Evagelia Rokas, Chiara Paolitto, Stefani Eva Anania



Knitting Club

Moderator: Ms Vauphas

Members: Mariana Cordeiro, Brianna McLeod, Hannah Robertson, Ariana Zacchigna, Krystyna Tomiuk

Projects: loom knitting hats

Faculty Scholars

Faculty Advisor: Mr. Beauvais

Participants: Stefanie Capozzo, Emma Catallozzi, Chiara Caucci, Madeline Christopoulos, Yasmina Di Lullo, Evagelia Rokas, Zahra Zargham



World Scholar's Cup

Faculty Advisor: Ms. Jones

Members: Sienna Béliveau, Katie Yeung, Chloe Miller, Emma Coppola-Popieraitis, Ocean Mossey, Anna Maloney, Pallas Thomas, Elia Paré, Felicia Presti, Lily Christopoulos, Mary Huang, Hannah Lee Poy-Paxman, Lucy Wang, Sophie Wang, Lauren Gale, Sarah Price, Amanda Paterson



Battle of the Books

Faculty Advisor: Ms. Harrison

Members: Jenna Coverini, Hannah Lee Poy-Paxman, Gabriela Nicolau, Emma Coppola-Popieraitis, Sarah Price, Mariana Cordeiro



Quarantine Games Club

Faculty Advisor: Ms. Littman

Members:

Emily Stevenson
Kiara Caprera
Mackenzie Baldry
Mariana Cordeiro
Sabrina Colella



Candid



Good times...

Musical Clubs

Faculty Advisor:
Aran Waldbrook

Instrumental Music Teacher
Department Head, Fine Arts



Show Choir



Hannah Lee Poy-Paxman, Sehee Kang,
Ruitong (June) Liu, Jenna Coverini, Yuqi
(Tina) Wang, Emma Provençal, Ocean
Mossey



Junior Band

Secondary 2



Senior Band

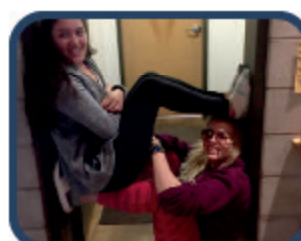
Mariam Ramlawi, Meggie Lee, Rebekka
Jonasson, Chiara Caucci, Yixuan Wang, Olivia
Blizzard, Emma Provençal, Yuqi (Tina) Wang,
Stefanie Capozzo, Nora Cunningham, Yasmina
DiLullo, Mufei Huang, Yue (Mary) Huang,
Dayoon (Caroline) Kang, Hongxuan (Alina) Lu,
Evagelia Rokas, Huiying (Sophie) Wang, Yiduo
(Lucy) Wang, Wai Sue (Nikki) Wong, Ham Wen
(Katie) Yeung



I really enjoyed the 5
years I spent in band
even though my last
one got cut short!
- Emma

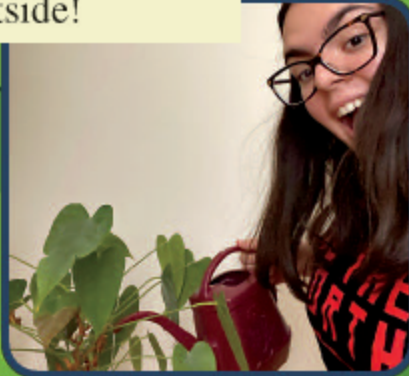


Music Retreat



A Year With the Green Team

Quarantine Earth Day Challenges-like spending time outside!



Bee Movie and Mr. Puffs Fundraiser!



Honey Bake Sale and Waste free lunches!



Advisor: Ms. Lantosh

Special Recognition: Mme. Gauthier

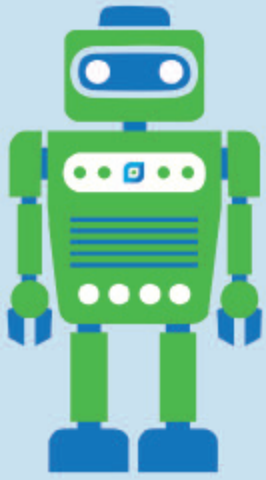
Club Leaders: Jura Kruszewski, Emma Coppola-Popieraitis and Madeline Christopoulos



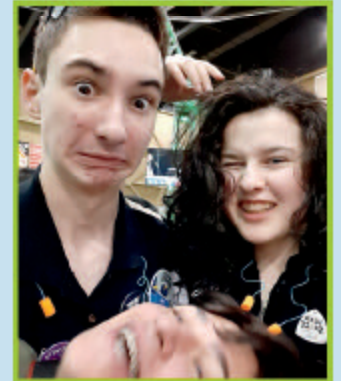
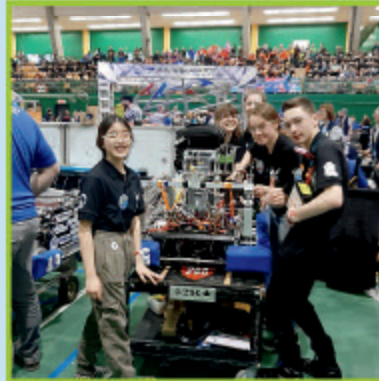
Members: Ariana Zacchigna, Ava Iorio, Brianna Tutino, Cettina Cammalleri, Chloe Miller, Ciara Moore, Elia Paré, Emma Rebekka Jonasson, Félicia-Jessica François Mesina, Hannah Lee Poy-Paxman, Jordan Smith, Lara Capozzo, Lara Dimitri, Lauren Gale, Laurena Ferraro, Leah Amodeo, Madison D'Souza, Mara Mastrocola, Megan Montoni, Olivia Blizzard, Pallas Thomas, Rathisha Iyadurai, Sabrina Roberts, Samantha Marino, Sarah-Nicole Di Paola, Sienna Béliveau, Simona Ruscio, Sofia Buggé, Sofia Serabian, Stefanie Capozzo, Vanessa Buggé, Yasmina Di Lullo

Sacred Heart students joined the climate change protest led by activist Greta Thunberg!





Robotics



Faculty Advisor: Mr. Reda

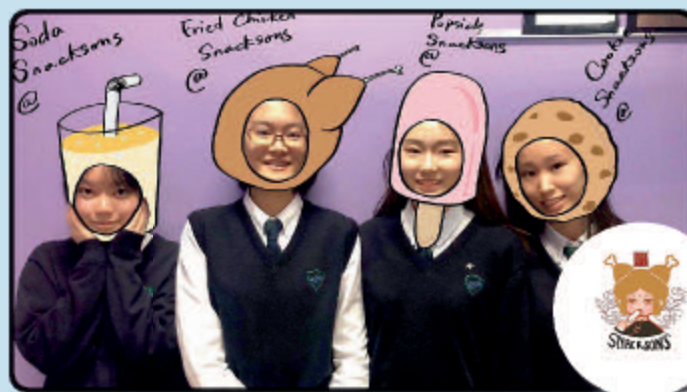
Members: Isabel Blin, Nora Cunningham, Violetta D'Andrea, Newsha Mostafavii, Meggie Le, Amanda Patterson, Brianna Tutino



I love being able to be part of a team, learn many unique skills and experience different things such as the competitions.

— Nora Cunningham (IV)

SSX



Snacks: Tianxin (Amanda) Fu, Lai (Christina) Wei, Qinyun (Linda) Song, Yufei Zheng
Charity: World Wildlife Foundation



Cracked Breakfast: Isabel Blin, Isabelle Schoch, Bridgett Williams, Julianna Valente
Charity: Nature Canada



FryDayz: Ashley Sakaitis, Zoë Boosamra, Liana Cianci, Anna Garon, Jennifer McDonald
Charity: Liana's Dream Foundation



June in April Sushi Shop: Ruitong (June) Liu, Yuki (Tina) Wang, Yimin (Nina) Wu, Zuyi (Wendy) Zhou, Zhilin (Linda) Hu, Jiamin (Fannie) Yuan, Sehee Kang, Hao (Rebecca) Yue
Charity: Liana's Dream Foundation



Opa Taverna: Christina Stappas, Elena Apostolatos, Julia Cacioppo, Cassandra Baldry, Lauren Gale, Lola Vincenti, Jenna Coverini
Charity: Liana's Dream Foundation



Pizzeria Nonna Maria: Sofia Scalia, Catherine Mourelatos, Olivia Migliorelli, Julia Picciola, Emma Provençal, Simona Ruscio, Sarah Shalhoub
Charities: Liana's Dream Foundation and Montreal Children's Foundation



Boba Bar: Apollonia Griffin, Clara Hlibchuck, Hannah Lee Poy-Paxman, Newsha Mostafavi, Gabriela Nicolau, Alice Voizard
Charity: Happy Village International

BOARDING

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FAMILY SISTERS SUPPORTIVE WARMTH

Living at school and having friends in boarding is definitely one of the reasons I felt at home here in Canada as an international student. I think it's the same for all the girls who are in boarding. I'll miss you all.

- Newsha, Sec. 5

ACTIVITY LIST

Escape Room
Waterpark
Ottawa Trip
Quebec City
...





Europe Trip 2020

"My favorite moment was when we all took a Europe 2020 group picture on Real Madrid's sideline. Although Real Madrid has many Champions, they never had this many stars on their field!"

A close second was... the monkey on Jura's head at the Rock of Gibraltar"

- Mr. Gallo



First Stop: Spain

Our trip started in Madrid, Spain with a tour of the Real Madrid Stadium and other famous landmarks! We even made some Paella! Then we went to the South to visit the sunny town of Mijas.





Next Stop: *Gibraltar*

We spent the day in Gibraltar where we saw caves, monkeys and amazing views.



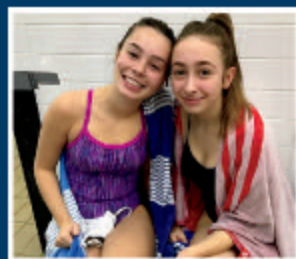
We continued our trip by visiting the Alhambra in Granada and the beautiful town of Rhonda. We then headed for our last stop in Spain, Seville. We watched a Flamenco Show, went to a Bull Farm and got a chance to watch a live Soccer Match with Real Madrid.



Last Stop: *Portugal*

We started in the Algarve with an amazing cruise along the coast. In Lisbon, we visited the Belem Tower, the monastery and the Alfama District. Our last moments took place at the Palace of Pena in Sintra and in the beachside town of Caiscais. And obviously many many Pastel de Nata!





Sports

this is how we play



FALL SPORTS

ATHLETES OF THE MONTH



September
- Emily Stevenson
(Volleyball) & Samantha
Marino (Soccer)

October
- Rosie Colapelle Spatari
(Cross Country Running),
Jenna Coverini (Volleyball),
& Madison Wareham
(Soccer)

November
- Catherine Mourelatos
(Basketball) & Madison
D'Souza (Hockey)



The "Saints Juvenile 4.2" team went to the playoffs. It was really really fun! It was awesome... It was pouring rain and we were soaking, and we won silver.
-Mara (Juvi Soccer)

SOCCER



Coach: Mr. McRae

FRONT ROW (left to right): Maggie Molson, Giada Stabile, Kiara Caprera, Raffaella Vincenti, Savannah Corsetti, Maya Carter Allatt
BACK ROW (left to right): Alexandra Soodras, Charlotte Charbonneau, Hannah Roberston, Sarah Price, Madison Wareham, Lucy Tretiak, Bianca Paulucci
ABSENT: Mackenzie Baldry & Julia Mazzarello



Coaches: Ms. Newton & Mr. Gallo & Patricia Danielidis

FRONT ROW (left to right): Erika Iorio, Sofia Bugge, Lara Dimitri, Hannah Lee Poy-Paxman, Mara Mastrocola, Alyssa Bucaro, Catharina Schoch, Jenna Downey

BACK ROW (left to right): Meganne Zabbal, Maika Palmieri, Samantha Marino, Gabriela Nicolau, Sarah Shalhoub, Amanda Valente, Salma Hanano
ABSENT: Chloe Miller



Coaches: Ms. Newton & Mr. Gallo & Patricia Danielidis

FRONT ROW (left to right): Katerina D'Ambrosio, Catherine Mourelatos, Giara Moore, Cassandra Baldry, Cettina Cammalleri, Liana Cianci, Zoe Boosamra, Madison D'Souza, Elena Apostolatos

BACK ROW (left to right): Francesca Volpato, Anna Garon, Jennifer McDonald, Julia Cacioppo, Lola Vincenti, Laurena Ferraro, Evangelia Rokas



Our most intense game was against ECS. It was a very close game. What made it memorable was that our team was able to pull through using our team work and chemistry. We were able to use different methods and different plays. In the end, we won. What a great season!

-Tara (Juvi Volleyball)

VOLLEYBALL



Coach: Ms. Quintal

Left to right: Lianne Discepolo, Stefania Di Florio, Andrea Garone, Zahra Zargham, Jenna Hagley, Emily Stevenson, Maya Djurovic, Olivia Bourret, Angela Anastasopoulos, Maria Elena Romo Dosamantes

Bantam



Coach: Ms. Lantosh

Left to right: Chiara Caucci, Sienna Beliveau, Olivia Odorisio, Rhea Cimino, Lorena Migliorelli, Madeline Christopoulos, April McLeod, Chiara Colafabio

ABSENT: Rebecca Barakett

Midget



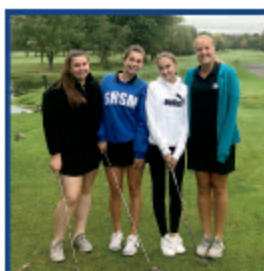
Coach: Ms. Littman

Left to right: Jenna Coverini, Jessica Cristiano, Lauren Gale, Joelle Aboussertal, Olivia Migliorelli, Ava Iorio, Tara Delaney, Vanessa Bugge

ABSENT: Sarah-Nicole Di Paola & Pallas Thomas

Juvenile

GOLF



Coach: Ms. Newton

Left to right: Lauren Gale, Cassandra Baldry, Bianca Paolucci



CROSS COUNTRY RUNNING

Coaches: Ms. Vaupshas & Mme Belfort

FRONT ROW (left to right): Kaitlyn Ment-Khoury, Mackenzie Baldry, Emily Stevenson, Gabriela Nicolau, Liana Ganci, Cassandra Baldry, Emily Christie, Isabella Di Caprio, Zoe Boosamra, Elena Apostolatos

BACK ROW (left to right): Mara Mastrocola, Clara Moore, Reese Wereley, Olivia Bigyard, Jennifer McDonald, Sofia Bugge, Catharina Schoch, Natascha Aiken, Violetta D'Andrea, Rosie Colapelle Spatari

ABSENT: Pallas Thomas

WINTER SPORTS

ATHLETES OF THE MONTH

January:

Charlotte Charbonneau (Basketball), Hannah Robertson (Swimming) & Emily Christie (Hockey)



February:

Méganne Zabbal (Basketball)



We played very well as a team.

We improved a lot throughout the season. We blocked better, defended better.

We made some good shots that we actually practiced a lot this season. We encouraged each other and cheered each other on for the final game. It was very nerve-wrecking. A lot of us were scared. Our first quarter wasn't our best because we were all scared, but then we were able to get the game moving and scored a lot of points. Final score:

47-23 versus Bialik. I'm so proud of the team.



BASKETBALL



Bantam



Coaches: Eva Primbas, Gabriela Marsilli & Ms. Quintal

FRONT ROW (left to right): Margaret Moison, Andrea Garone, Olivia Carmosino, Giada Stabile and Violetta D'Andrea

BACK ROW (left to right): Stefania Di Florio, Angelina Ferri, Marlene Martinez Gonzalez, Charlotte Charbonneau, Jenna Hickman and Maya Carter Allatt
Charlotte (MVP of the finals!)



Midget



Coaches: Ms. Newton, Allyson Fontes

FRONT ROW (left to right): April Mcleod, Maya Djurovic, Raffaella Vincenti, Bianca Paoiucci, Mackenzie Baldry and Emily Stevenson

BACK ROW (left to right): Erika Lorio, Samantha Marino, Salma Hanano, Olivia Diamantopoulos, Méganne Zabbal, Simona Ranieri-Thompson and Kiara Caprera

ABSENT: Maria Fernanda Redondo



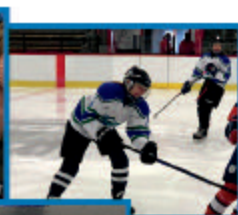
Juvenile

Coach: Ms. Littman

FRONT ROW (left to right): Julia Cacioppo, Cassandra Baldry, Liana Cianci and Lola Vincenti

BACK ROW (left to right): Bridgett Williams, Sarah Shalhoub, Laurena Ferraro, Megan Montoni, Catherine Mourelatos and Gabriela Nicolau

ABSENT: Jenna Coverini



HOCKEY



Coach: Ryan Berger

Back Row: Zoe Lambroulias, Lauren Gale, Leah Amodeo, Elena Apostolatos, Anna Garon, Emily Christie and Madison Wareham

Front Row: Zoë Boosamra, Hannah Lee Poy-Paxman, Julia Maggarello, Madison D'Souza and Angela Anastasopoulos

Absent: Krystyna Tomiak

SWIMMING



Coach: Ms. Newton

Back Row: Elia Paré, Jura Krugewski, Yasmina Di Lillo, Ava Rowe, Anna Garon, Reese Wereley, Pallas Thomas, Cassandra Baldry, Maika Palmieri, Eva Mesina, Jacqueline Vinocelli, and Emma Cafaloggi

Front Row: Hannah Robertson, Erika Iorio, Sienna Bliveau, April McLeod, Rhea Cimino, Madison Briault, Mackenzie Baldry and Emily Stevenson

Absent: Elena Apostolatos, Hannah Lee Poy-Paxman, Newsha Mostafavi, Amelia Coates, Ava Iorio, Mara Mastrocola, and Maria Elena Romo Dosamantes

We had a very fun winter sports season... little did we know it would be the last season of this school year! -Lauren
GO SAINTS GO!



BADMINTON

Coach: Ms. Martel

Bantam: Mackenzie Baldry, Sabrina Colella, Daniela De la Vega Brindis, Allissa Ganagi, Portia Haddad, Julia Maggarello, Erica Paul, Saiya Saini, Giulia Sionli, Emily Stevenson, Lucy Trethak, & Sofia Tsantes

Midget: Mikayla Fortini, Mufei Huang, Rathisha Iyadurai, Meggie Le, Hongxuan (Alina) Lu, Victoria Paquette, Yitong Sun, Pallas Thomas, Ham Wen (Katie) Young, Yiting (Ada) Zhao

Juvenile: Cassandra Baldry, Zhilin (Linda) Hu, Ruitong (June) Liu, Olivia Migliorelli, Catherine Mourelatos, Simona Ruscio, Sarah Shalhoub, & Xuyi (Wendy) Zhou

SPORTS TOURNAMENTS



Laughter



Memories



This year, our soccer and basketball players competed in many tournaments! Although the competition may have been tough, the Saints always left their (Sacred) hearts out on the field and court, gave it their best shot and had a lot of fun doing so! They improved, succeeded and created countless laughs and lifelong memories along the way. From travelling to as far as New Brunswick and Stanstead to hosting tournaments at school, there was never a dull moment for these girls!



Sr CAIS Soccer
Silver Medalists

Fun



Sr CAIS Soccer
Division II Champions



Friendship



VIRTUAL SPORTS BANQUET



Junior Athletic Award:
Mackenzie Baldry



Senior Athletic Award:
Cassandra Baldry



Award of Honour:
Liana Cianci



Julia Cianci Award for
Excellence in Athletic
Leadership: Zoë Boosamra

This year's sports banquet on June 4th was held virtually over Zoom. Over 100 students and their families joined in as we paid tribute to another amazing year of Saints' athletes. Families enjoyed our usual banquet features including a slideshow, the presentation of individual & team awards, as well as speeches honouring our athletes, coaches, and graduates. Additionally, this year coaches sent in heartfelt video messages to surprise our athletes. Ms. Littman & Ms. Newton then delivered the special prizes to the recipients after the banquet to continue the celebration! Congratulations to all the winners. -Ms Littman



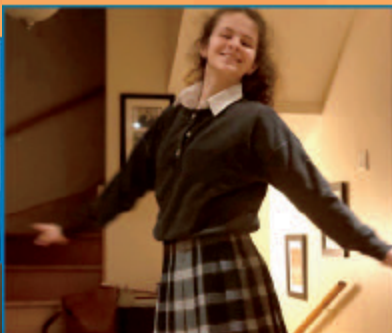
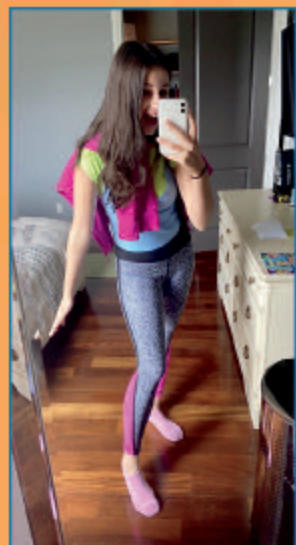
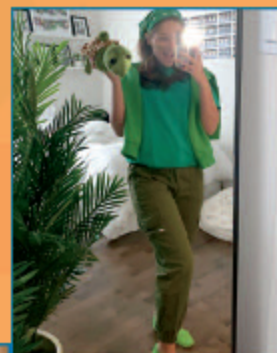
GAAs

Co-Captains: Elena Apostolatos & Liana Cianci
Mackenzie Baldry, Emily Stevenson, Raffaella
Vincenti, Bianca Paolucci, April McLeod, Jenna
Downey, Simona Ranieri-Thompson, Katerina
D'Ambrosio, Lauren Ferraro, Sarah-Nicole Di Paola



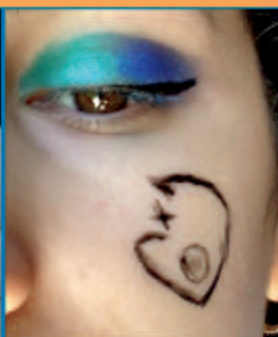
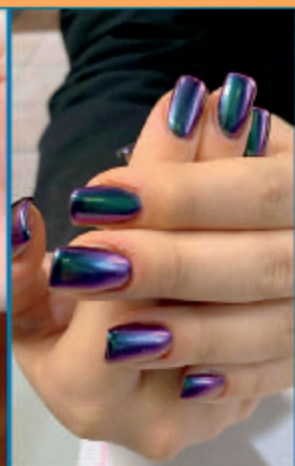
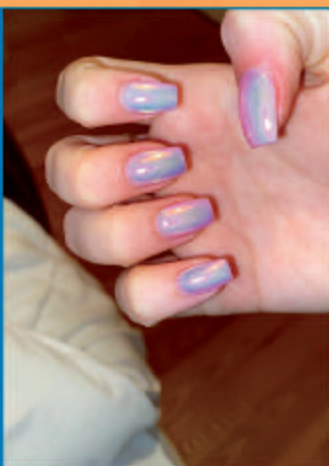
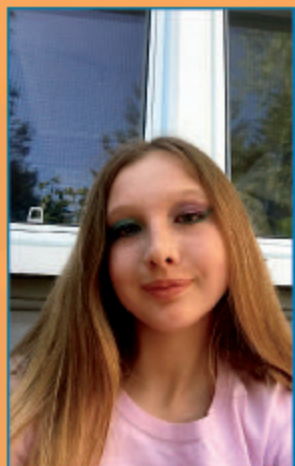
WACKY

CRAZY HAIR
THROWBACK
HOUSE COLORS
FUNKY OUTFITS



PANDEMIC

PERFECT

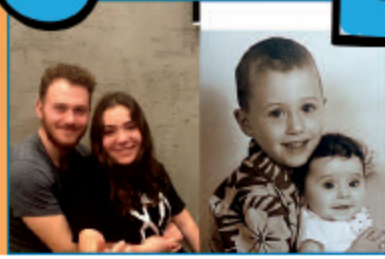


ARTSY

NAIL ART
ART WORK
TIE DYE
MAKEUP CHALLENGE
EASTER CARD



THROWBACKS



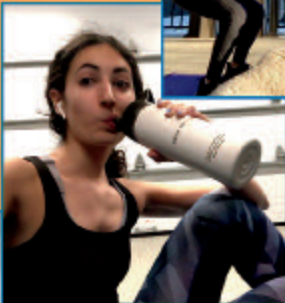
FOOD

BAKING
HEALTHY LUNCH
HOUSE BAKE OFF
MOTHER'S DAY BREAKFAST



CHALLENGES

SACRED
SAINTS AT
HOME



SPORTY

[WE DID IT!]



Grads

this is how we bond

& celebrate



SEC 5 RETREAT

Years from now you won't remember that test you "failed." Or when you made a fool of yourself in front of everyone. You'll remember sitting by the fire just enjoying each other's presence. You'll remember screaming, singing songs and being happy that everyone sounds terrible so you're not alone. Reminiscing over memories of so many friends to laugh with. We may be crazy but we'll always be our craziest together!

Singing by the bonfire. There was a peacefulness in the silence, a calm.
-Isabel



The water was beautiful. It was nice to see people that you don't expect to be hanging out with each other. It was the best hike of my life.
-Appolonia



I've only had two retreats but after this one, I feel like I'm closer to everyone, the whole grade.
- Newsha



Being in nature was refreshing and it was a great experience.
- Clara



It was refreshing. The air was pure and it was nice to see people interacting with each other.



It made us get to know each other better as a grade.
-Liana



It was a lot of fun; there was no stress. It was great!



It was freeing, relaxing and refreshing.
Hannah & Alice



One of my favorite memories was the hike and being able to have some time alone to think.
-Seher

STRATFORD

"A magical and fantastical experience. The dancing, the singing, the stories, all impeccable. It was so much fun to wander around the little town and discover new things."

Plays: Othello
Musicals: Billy Elliott & Little Shop of Horrors



The greatest memory I have is meeting the theatre kids from America and bonding over the dance we learned in the workshop.
- Gabriela Nicolau

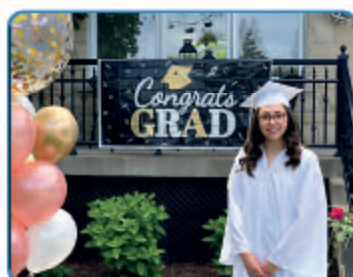
I really enjoyed the musicals, especially Billy Elliott. I think the best thing about this trip is that we got to spend time together as a grade.
- Tina Wang

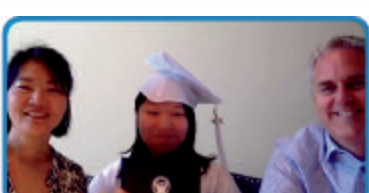
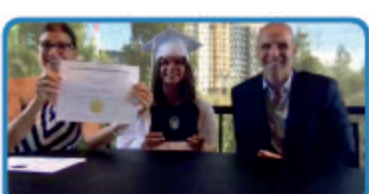
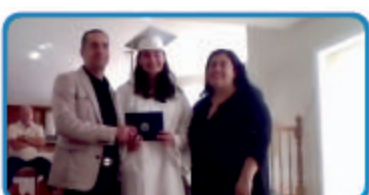
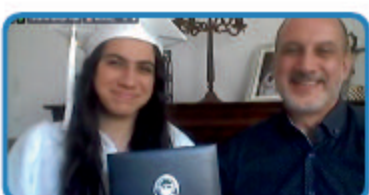
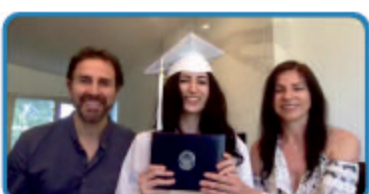
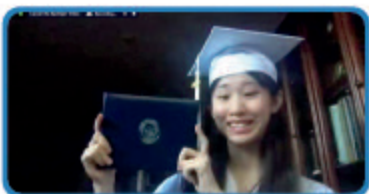
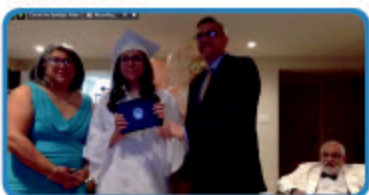
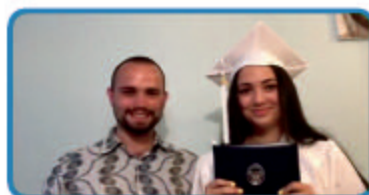
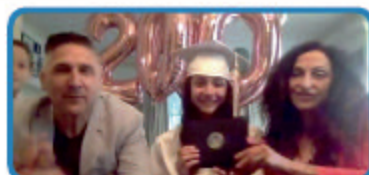
I had a lot of fun watching Billy Elliott with my friends. It was our favourite play.
- June Liu

The best part of Stratford for me was experiencing new things with my friends and having fun with my classmates.
- Elena Apostolatos



Delivery of Grad Bags





Valedictory Address

Liana Cianci

Five years Honour Roll Prize,
The Joanne Mastro Award for
Academic Excellence in
Religious Studies, The Sacred
Heart BLC Award for English,
The Norman T. Byrne
Memorial Prize for Public
Speaking, The Governor
General's Medal and Parents'
Guild Award for the Student
with the Highest General
Average



Good afternoon Mr. O'Donnell, Ms. Maloni, faculty, staff, honourable guests, families, friends, and the graduating class of 2020. First and foremost, I hope you and your families are doing well and staying safe during these unprecedented times. At a time when we are so far apart, I am grateful to have this opportunity to connect virtually and to be able to celebrate the graduating class of 2020.

Although having a virtual graduation wasn't the ending any of us ever imagined, it's still important to look back on our journey at Sacred Heart and recognize all our accomplishments over the past few years. After all, our time here is not about the ending, or should I say, virtual ending, but rather the journey we went through all the way from the start to where we are now. Whether you came here in sec 1 or joined along the way, you are a Sacred Heart girl, something we all have in common and should all be proud of. I know it may be hard to recognize your accomplishments during a time like this, but try to look back not only at everything you achieved, but also all the memories you made along the way and the friendships you formed. All these moments truly define your journey at Sacred Heart and have shaped you into who you have become. Grads, this day is ours and nothing can take that away. It is a day for closing up a huge chapter of our lives and opening up a new one. A new adventure is awaiting us.

When I thought about what I could compare our high school journey to, it immediately came to mind that it is like an entire book. When you first open it, you are a bit scared and unsure of whether or not you will like the storyline. But, as you continue reading and reach a certain point, you start diving into the story, chapter by chapter, and fall into the character's adventure. You are that character living through this journey, and you want to continue discovering and experiencing more new things as you continue on. And as you approach the end of the story, you find yourself not wanting to put that book down. You start taking in those last pages, the most exciting part, as it all passes by so fast. It's only once you finish that last page and close that book that you realize how much you loved and appreciated it. How much you wish it had never ended. But it isn't about that destination you reached. Instead, it's about the entire

journey you went through at Sacred Heart. It's about the ups and downs you faced along the way, lessons you learnt, friendships you built and all the wonderful memories. It's about how you grew as an individual from the beginning until the very end. No matter when that beginning was, we all have the same ending. When you finish that last page and put that book down, you should feel accomplished for how far you've come. Now, you are ready for a new story, a new adventure. You may be saying goodbye to Sacred Heart, but your journey there will always be a part of you that you will hold close to your heart as it has shaped you into who you are today.

Let's take a moment to look back on our journey. The first day of high school, a scary moment for all of us, followed by our first retreat, first Sports day, first Girls for the Cure, first Spirit day, first Christmas Wishes, first Founder's day, the list goes on. In sec 2, we became more adjusted and a bit less shy, well, at least some of us did. For all you soccer players out there, it was our first (and last) gold medal at CAIS. In sec 3, we kept on saying we were exactly halfway between the start and end of high school. We threw ourselves into project after project, throwback to le Monde de Raymonde, and had such fun times through it all. From this point on, time simply flew. In sec 4, we became much closer as a grade. From sports trips to the iconic Ottawa trip where banging your head at the parliament was completely normal, we created memory after memory together. Lastly, in sec 5, the amount of fun we had - especially given the limited amount of time - surpassed any other year. Think about how much we did. Retreat was the first highlight - singing around the campfire was when I realized just how special our grade is and how much you all mean to me. Then, we had Sports day, a 9 hour bus ride to Stratford, sports tournaments, and an abundance of laughs and memories along the way. As a grade, we have always found ways to add humor to every possible class, making learning so much more enjoyable. Lastly, some of us ended it off with the Europe trip which seems like forever ago. We danced with elders, visited a farm, said Olé just about everywhere we went, even in our sleep, and topped off our sec 5 year with even more memories. After March break, we had a 2 week extension of our vacation. Little did we know those two weeks would turn into who knows how many months. Even though the year ended unexpectedly early, look at everything I listed. In such little time, we achieved so much, created an abundance of memories and laughs, and enjoyed each moment to its fullest. That's what I will remember when I look back at my sec five year, how much fun we had and how much we did, not everything we didn't get to do. It is important to thank all the people who have helped us throughout our journey to get to where we are today. First off, thank you to all of our wonderful teachers and staff. You have certainly been through a lot with us. You have dealt with us begging to earn an extra 0.5 on a quiz, have seen us cry when we failed a test because of course it's the end of the world, and have put up with our crazy, exuberant selves in class. You have taught us so much at this fine institution, not only related to everything we learnt from our textbooks, but also so many important life lessons. You have devoted so much time and effort into guiding us towards success. You have seen our potential and have never failed to believe in us. You have guided us on the right path and have cared about us, and for that, we are all forever thankful. That student-teacher bond formed at Sacred Heart is like none other. It is one that sets us apart and makes this place more than just a school, but rather a community, a family, a home. After all, it is "My school, my home, my Sacred Heart."

To the entire Sacred Heart community, thank you for leading us in the right direction and for instilling such important values in all of us. You have pushed us to always work hard and have taught us the true importance of doing good for others, being respectful to those around us and helping those in need. Thank you for teaching us how to be responsible young women and for giving us valuable lessons that we will use moving forward in life.

Finally, I'm sure we can all agree that we owe a big thank you to our parents. Without our parents, we wouldn't be who we are today. You have not only taught us so many important life lessons, but have also helped us get through our difficult teenage years. You have been our number one source of motivation, have always been there through our ups and downs and have never failed to support us. You have led us in the right direction and have been there for us every step of the way. You have celebrated all of our accomplishments with us, like this one that we are celebrating right now, and have always shown us the true power of love and kindness. You have comforted us when we needed you. You have been our cheerleaders through every sports game or Sacred Heart event. And of course, you are the true epitomes of what it is to be our role models.

On the topic of family, we cannot forget to thank our siblings, or should I say, our first and forever best friends. You have not only put up with our craziness, but have also always cared about us and supported us.

So thank you to our families, teachers, staff and to the entire Sacred Heart community, for guiding us through this chapter of our lives and for helping us grow into the young women we are today.

I would also like to take a moment to thank Sacred Heart for keeping my sister Julia's legacy alive forever. Every time I step foot into the gym and see her #8 jersey on the wall, I am reminded of the legacy she left and all the lives she touched. I always remember how much my sister inspires me and how much of an impact she had not only on me, but on everyone who was blessed to have known her. I know that a part of Julia will always exist at Sacred Heart, one that will live on forever. She will always be my biggest inspiration and role model. Julia, this one's for you. Thank you for being my guardian angel and for always keeping me strong. I know you're watching over me and are proud of me. I know you're watching over all of us and are proud of the entire class of 2020.

Now onto you girls, or should I say, graduates. After all, today is our celebration, a time for us to remember how far we've come not alone, but together. The bond we have formed with each other as a grade is one that has a special place in my heart. We have supported one another and have had each others' backs when we needed it. We have been a shoulder to cry on and a friend to lean on or laugh with. We have counted on one another, have always been there for each other and shared such special moments together. We have built friendships like none other, learned from each other, and made countless memories. This is all thanks to each girl sitting on the other side of your screens. So take a moment to say thank you to all of your friends. Thank them for being by your side and for playing such an important part of your life. Thank them for being who they are.

Let me start. Thank you to each of the 40 of you for making these high school years a part of my life that I will hold on to forever. Thank you for all your constant love, kindness and support. Thank you for all the unforgettable and incredible memories that will forever stay close to my heart. Thank you for being girls I can always turn to for advice or to simply make me smile and laugh. You have taught me the true power of friendship and have made me unafraid to be myself. You have all played such an important part in my life and each of you is special to me in your own way. I am forever grateful to have had the chance to have met all of you and to have made my closest friendships here. So thank you, grads 2020, from the bottom of my heart, for making me so proud to be a part of such a special grade.

When you look back at Sacred Heart, remember the friendships you made that have shaped you and allowed you to become the smart, independent, young woman you are today. Remember the little moments that have made up the bigger picture. Remember all the laughs, cries, smiles, achievements and most importantly, amazing and lifelong memories you've shared that have all been memorable parts of your Sacred Heart journey.

As I mentioned in the beginning of this speech, something we have in common is that we are all Sacred Heart girls. That part of us will always connect us together. Something I know for sure about Sacred girls is that we will always be there for each other no matter what. Close or far away, we will always be just one text, call, hug, cry, laugh and smile away. Never forget that.

Congratulations to the class of 2020. We finally did it. I'm so proud of all of you and wish you nothing but the best of luck. I know without a doubt you will all make your mark on the world and achieve anything you set your minds to. I cannot wait to hear all about the incredible things you will accomplish in your futures. Now, across every screen, I want you all to take your cap, throw it in the air, and be proud, because you graduated, we graduated, together as the Sacred Heart class of 2020. I will miss you all so much. Thank you.

Elena Apostolatos

Five years Honour Roll Prize, The Sacred Heart BLC Award for English, The City House Foundation Bilingual Proficiency Prize, The Judith Rossi '80 Memorial Prize for Drama

**Cassandra Baldry**

Five years Honour Roll Prize, The Sacred Heart BLC Award for English, The Auriol Wilkins '52 Roper Memorial Prize for Contribution to Sports, The Soeur Annette Archambault Memorial Prize for Français Langue Seconde

**Zoë Boosamra**

Five years Honour Roll Prize, The Sacred Heart BLC Award for English, The Julia Cianci '18 Memorial Award

**Amanda Fu**

Honour Roll Prize for her years at the School, The Estelle Fitzgibbon Memorial Prize for Highest Composite Average in Science

**Lauren Gale**

The Lieutenant Governor's Award for academic diligence and personal, social and community involvement, The Judith Rossi '80 Memorial Prize for Drama

**Clara Hlibchuck**

The Genny Marilley '87 Memorial Prize for Social Activism and Community Service, The Provincial Council Award for demonstrating Compassion and Exceptional Dedication through Social Action

**Anna Garon**

Five years Honour Roll Prize, The Christiane de Sainte Marie '67 Francophile Prize

**Sehee Kang**

Honour Roll Prize for their years at the School

**Newsha Mostafavi**

Distinction Prize for her years at the School, The Frances Smith '65 Memorial Prize for Significant Contribution to the life of the School, The Christiane de Sainte Marie '67 Francophile Prize, The Estelle Fitzgibbon Memorial Prize for Highest Composite Average in Science

**Gabriela Nicolau**

Five years Distinction Prize, The Joanne Mastro Award for Academic Excellence in Religious Studies, The Sister Gertrude McNamara Memorial Prize for Mathematics

**Hannah Lee Poy-Paxman**

The Thérèse F. Casgrain '14 Scholarship for showing true understanding of Contemporary Social Justice Issues, The Sacred Heart Debating Prize

**Julia Picciola**

The Student Council Prize, The Sacred Heart School of Montreal Art Prize

**Emma Provençal**

Five year distinction Prize, The Sacred Heart Music Award, The Soeur Annette Archambault Memorial Prize for Français Langue Seconde Enrichie

**Simona Ruscio**

Five years Honour Roll Prize, The Head of School's Memory Book Award

**Isabelle Schoch**

The Jean Filipovich Achievement Award for Liberal Arts

**Sarah Shalhoub**

Five years Honour Roll Prize, The Head of School's Memory Book Award

**Linda Song**

Honour Roll Prize for her years at the School, The Heather MacDougall '67 Memorial Prize for Fine Arts

**Giulianna Valente**

The Sacred Heart School of Montreal Art Prize

**Lola Vincenti**

The Sacred Heart BLC Award for English, The Parents' Guild Prize for Social Sciences

**Tina Wang**

The Patty Forbes '81 Memorial Prize for Health Sciences

**Christina Wei**

Honour Roll Prize for her years at the School

**Nina Wu**

The Heather MacDougall '67 Memorial Prize for Fine Arts



SPECIAL PRIZES AND AWARDS



CONGRATS

GRADUATES

of 2020

Elena Apostolatos



MLT: Become best friends with Mme Pagette

"How lucky I am to have something that makes saying goodbye so hard." -Winnie-the-Pooh. Thank you from the bottom of my heart for all the memories. #realsqua

Cassandra Baldry



MLT: Fall asleep anywhere and everywhere

Education is important but sports are importanter. Shoutout to all the teachers for letting me miss their class! Thank you to my entire graduating class for the countless laughs, memories, and forever friendships. #realsqua

Class of 2020

Isabel Blin



MLT: Read a book for six hours straight

"Be yourself, everyone else is taken." -Oscar Wilde

Zoë Boosamra



MLT: To be the man in the school play

So my school, my home, my Sacred Heart actually became real.... Thank you to all my teachers for shaping me into who I am today and for not giving me detentions for roaming the halls. :P From the countless pre-written late slips to the unforgettable memories along the way... I wouldn't have chosen any other girls to be children of the light with. I love you all! #realsqua

Julia Cacioppo



MLT: Be a nun

"I understand nothing"
- Micheal Scott
- Me

#realsqua

Liana Cianci



MLT: Pull an all-nighter studying

From pre exam stress to laughing in just about every class and going on unforgettable trips, I couldn't have done it without you all. Thank you for all the amazing memories these past 5 years that will forever have a special place in my heart. Julia, my beautiful angel, I know you're guiding us all from above and are always giving me strength. All the best, grads of 2020, and good luck for what is to come. I will miss you all so much! #realsqua

Class of 2020

Jenna Coverini



MLT: Work at Lush for the rest of her life

I'd like to thank my arms for always being by my side, my legs for always supporting me, and finally my fingers, because I could always count on them.

#TheBestTDuo

Tianxin (Amanda) Fu



MLT: Need google maps to get home from downtown

Thank you for making these years such a memorable experience for me.

Lauren Gale



MLT: Be seen roaming the halls

Between all the sports, drama productions, extra-curriculars, time spent laughing with friends, and oh yeah... class, I can honestly say it's been a blast! Thank you to everyone who has made these past five years amazing! #realsqua

Anna Garon



MLT: Be on Survivor

Thank you for all the amazing memories. It has truly been a blast! I have grown so much as a person and in height by your side these past 5 years. #realsqua

Class of 2020

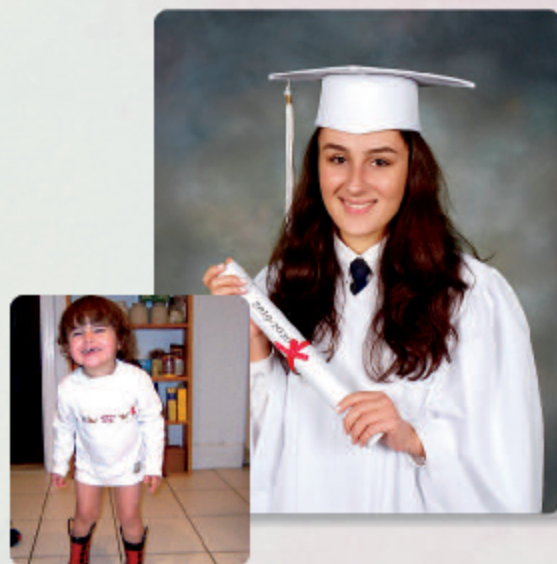
Apollonia Griffin



MLT: Be late every day and get away with it

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. -1 Corinthians 13:4-5

Clara Hlibchuck



MLT: be a great mother

Thank you to everyone who caught me when I fell- my ability to do so myself was quite faint.

Zhilin (Linda) Hu



MLT: Own a café

Although I joined the Sacred Heart family only three years ago, I still have a lot of sweet memories in this school. I made a lot of friends here, and they helped me a lot. Therefore, I am really thankful for everyone who helped me during my time here.

Sehee Kang



MLT: To be found sleeping in the library

"In case I don't see ya, good afternoon, good evening, and good night!"
-Truman Burbank

Class of 2020

Hannah Lee-Poy Paxman



MLT: Ask for food

LOOK MA' I MADE IT. Thank you to everyone who made my high school experience the best, but also thank you to the ones who made it the worst. You've taught me a lot. And honestly, I can't believe I pulled through. We pulled through!!

Ruitong (June) Liu



MLT: Never forget her key in the prefect room

The more I smile, the more I can't see. :)

Jennifer McDonald



MLT: To be a nun

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. -1 Corinthians 13:4-5

Olivia Migliorelli



MLT: Never skip out on a Canadiens game

"You become what you think about and what you focus on the most. See yourself attracting the things you want to accomplish. Thoughts and desires in your mind can become a reality."
- Jonathan Toews

Class of 2020

Newsha Mostafavi



MLT: Be found in the science office

"We finish each other's..."

Catherine Mourelatos



MLT: Get mad at the ref

I have always said that I don't lose. I either win or learn.

Gabriela Nicolau



MLT: Be found in a forest

"...sentences." That would have made more sense if that girl wasn't in between us.
#TheBestDuo

Julia Picciola



MLT: Welcome someone with a huge smile

High school is like toilet paper; you only miss it when it's gone.

Class of 2020

Emma Provençal



MLT: Have completed the assignment the same day as it's assigned

I can't believe how fast these five years have passed. I came to Sacred without knowing anyone and now I'm leaving with 40 sisters. Next year will be so weird going to school and not seeing all of you. I'll cherish the memories we made together forever. I'm really going to miss you!

Simona Ruscio



MLT: Have a fear of lockers

Does this count for marks?

Ashley Sakatis



MLT: marry a hockey player

Congratulations to me! I've only gotten through the easiest part of my life. I want to thank Google, Wikipedia, Google Translate, and copy and paste.

Sofia Scalia



MLT: Sue everyone around her

Bruh we graduated just to go to school again!

Class of 2020

Isabelle Schoch



MLT: yell at the administration

"The past is history, the future is a mystery, the present is a gift, that's why we call it a present." -Iza

Sarah Shalhoub



MLT: live off of goldfish crackers

Procrastinator? No. I just wait until the last minute to do my work because I will be older and therefore wiser.

Qinyun (Linda) Song



MLT: Eat like a 300 pound man

In my four years of school, I will never forget the jokes Mr. Pooyan made, the challenges from Ms. Jones, the drawings in the art room, the sincere friendships, and the blessings from my friends. In these four years, I have had success, setbacks, failures, and regrets. It is these failures that have made me mature and brave. I am most grateful to my good friends and teachers who have shared weal and woe for four years. I am so ordinary but so lucky.

Christina Stappas



MLT: Fail gym

"To survive is to stay alive in the face of opposition." -Lauryn Hill

Class of 2020

Giulianna Valente



MLT: Wear that shoreline mafia hoodie with her uniform

"I think I'm a natural-born leader. I know how to bow down to authority if it's authority that I respect." -Tupac

Lola Vincenti



MLT: Be benched a whole season due to injury

Am I the only one who thought that while Mr O'Donnell was handing me my diploma, he was going to say "SIKE!"?

Alice Voizard



MLT: Become a cat lady

"Catch you on the flippety-flip."
- Micheal Scott

Yuki (Tina) Wang



MLT: Become a math teacher who doesn't make any mistakes

I spent three years at Sacred. At the beginning, I didn't know any students here, but now I have many friends. I want to thank all the teachers who helped me. My experiences at Sacred will be the most precious memories to me. I will always remember it.

Class of 2020

Lai (Christina) Wei



MLT: Be a businesswoman

My two years at Sacred Heart went really fast. I appreciate everyone I met here. Thanks to everyone who helped me. I want to thank all the girls I met in my grade. Thank you for being so generous and sweet. I will always remember and miss the time we spent together. Mostly, I want to thank all the international girls in my grade. We came from different cities in China, but we met each other on the other side of the world. In a country far from home, you guys are my family. We helped each other with our studies. I love everyone I met at Sacred Heart. Two years are short, but it's going to be the best memory of my life. Looking forward to seeing all of you in the future again.

Bridgett Williams



MLT: Put something off until tomorrow

High school was like riding a bike, except the bike was on fire, and the ground was on fire, and everything was on fire.

Yimin (Nina) Wu



MLT: Be a nun

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. -1 Corinthians 13:4-5

Jiamin (Fannie) Yuan



MLT: Own a house full of cats

I have been here for three years. I made a lot of friends, and also learned a lot. Sacred Heart leaves me with unforgettable memories. Graduating is not an ending, but a new start.

Class of 2020

Hao (Rebecca) Yue



MLT: Go audition for a talent show and become a singer

The good three-year experience of every aspect of Sacred Heart has become one of the greatest satisfactions of my studying abroad. I appreciated the teachers and friends that gave me support and care whenever I needed. I feel kind of sad when I think about graduating. Even though we have to move on at some point, those vivid and delightful memories of the past three years will never fade.

Congratulations to the graduates of 2020!

Olivia Migliorelli



Congratulations Princess!

We are SO proud of you and of the young woman you have become. You have come such a long way. The adventure continues and we'll always be there by your side.

Love always,
Mom & Dad.

Yufei Zheng



MLT: Buy an island and build a hotel on it

I have been here for two years, and now it's time to say goodbye. I will never forget my first class here; I literally had no idea what my classmates were talking about. However, my teachers and classmates helped me so much. I appreciate everyone who has helped me throughout my two years at Sacred. You guys are so nice and kind. Thank you so much!

Xuyi (Wendy) Zhou



MLT: Travel all around the world

I will never forget the sweet memories I made in the past three years. They have taught me to be brave, and that difficulties will always be resolved over time. I would like to thank you all for being friends with me, talking with me, and helping me a lot.

Ashley Sakaitis



Ashley,

Congratulations on this amazing milestone and all your hard work over the last 5 years at Sacred Heart.

This year has been especially challenging for you to experience as a student, but nonetheless, it has been a year that will always be remembered.

We are so very proud of all that you have accomplished, achieved and learned at Sacred Heart, while at the same time growing into such a smart, beautiful, confident, funny, and vibrant young lady.

We love you very much!
Congratulations on your graduation!
Love,
Mom & Dad

Hannah Lee Poy-Paxman



Still,

Like air,

I rise.

-Maya Angelou

My dearest Hannah,

Keep climbing.

I love you always,

Nanan

Anna Garon



Anna,

Congratulations on your graduation from Sacred - we are so very proud of you and all you have accomplished and become over the last five years. Your intelligence, determination, and strength of character combined with your sense of humor and beautiful spirit make your future full of amazing possibilities ... so onward and forward to the next adventure. We wish you all the happiness and success the world has to offer, and always remember: "She believed she could, so she did." - R.S. Grey.

With all our love today and always,
Maman, Papa, et Marc

Elena Apostolatos



Our dearest Elena:

You are a constant ray of sunshine in our lives and in that of others. You are also a natural leader who acts with kindness and compassion, but who is also firm when required. We are so very proud of you, but above all, we love you very much (now and forever!). Congratulations and best wishes for continued success and good health.

Mom, Dad, Alexander, and Mathew xoxo

Behind you, all your memories.
Before you, all your dreams.
Around you, all who love you.
Within you, all you need.

Sofia Scalia



Dear Sofia,

We are so proud of your accomplishments. No doubt that the last few years have required lots of devotion and hard work, all of which have enabled you to truly achieve what your heart desires.

We are truly proud of what you have accomplished and the remarkable young woman you are becoming. We wish you lots of happiness, good health, and success. Thank you to the Sacred Heart staff for your support and devotion.

We love you so much,
Mommy, Daddy, Alexa, and Johnny



Julia Cacioppo



Our beautiful and sweet Julia,

We are so proud of you and all that you have achieved in the last five years. Our little ember of light turned into a strong and beautiful flame.

We really enjoyed seeing you follow your dreams and goals, and watching your artistic side blossom. We love that your willingness and drive shined through in all your involvements at Sacred, including in your academics. Your sense of humour is something that we always saw in you, but when we look back at you in the 'Versace' potato sack on stage, we still laugh about it to this day.

In these 5 years, you showed us your perseverance and determination as you excelled in your soccer and basketball teams. We know that you can do anything you set your mind to. We are so excited and wish you much success in the next step of your life!

"Pocket full of hearts

A world that's filled with love

A love that carries all before

The passion and the flood

I lie beneath the rainbow."

- Robert Plant

You are that rainbow, Julia.

We love you,

Mom, Dad, and Jeremy

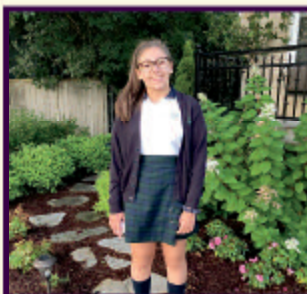


Emma Provençal

Dear Emma,

My, how the time has gone by so quickly! From your Kindergarten and Grade 6 graduations, to your first day at Sacred, to your first day of Sec. V, and now graduation! Amazing! You started at Sacred as a young girl and leave as a young woman full of limitless potential. You will succeed at everything you set your mind to. We can't wait to see what the next years of your education will bring! As you said on the morning we found out you were accepted at Sacred Heart, you truly are a Sacred girl! We are extremely proud of you.

With all our love,
Mom and Dad





Cassandra Baldry

Our dearest Cassandra,

We could not be more proud of the kind, confident, young lady you have become over the last five years at Sacred Heart. You have conquered challenges and uncertainties with such grace. Your passion and enthusiasm for learning and sports are admirable. You have made friendships that will last a lifetime.

"To accomplish great things we must not only act, but also dream; not only plan, but also believe."

Anatole France

The World is Yours!

Congratulations!

We love you,
Mom, Dad, Harrison, and Mackenzie

Lola Vincenti

These five years have gone by so quickly, though you may disagree. However, we can definitely say that it's been quite the journey.

Watching you grow as a person has been one of the best experiences we've had as parents. You are a strong and compassionate leader, a generous teammate, a kindhearted and dedicated friend, a wonderful role model for anyone you meet - especially for your younger sister - and you are so, so smart.

Your future is beyond bright -- it is ever more brilliant than you can imagine. Continue to speak your mind, evoke positive change, and fight the good fight. There are truly no limits for you, there is no place you cannot imagine yourself in, and no future too impossible to attain.

We love you so, so much and we are so proud of you. So, so proud.

Mom, Dad, Mia, and Raffaella
Xoxo..



Liana Cianci

Our dearest Liana,

We cannot believe how fast your 5 years at Sacred Heart have passed. You have evolved from being a timid, quiet, little Sec 1 girl into an independent, hardworking, outgoing and most importantly, strong young lady. From performing in Christmas Wishes, to joining many clubs, to playing on countless sports teams, and winning a few championships, you always managed to give it your all and succeed. We know that our guardian angel Julia has been there every step of the way to help and guide you along the way. She would be so proud of you! Follow your heart forever as you will succeed in anything you put your determined mind to.

We congratulate you for all your beautiful and well-deserved accomplishments you merited here at Sacred Heart. Your hard work truly paid off! We are so proud of you!

We love you so much, our sweet munchkin!
Mom, Dad, Rosemarie, Franco, and our beautiful angel Julia
XOXO



Lauren Gale

Congratulations Lauren!

Your time spent at Sacred Heart was truly transformational. While we are understandably proud of your accomplishments at Sacred, we are even prouder of all the passion and diligence you put into your time at this extraordinary school. Whether on the sports fields or arenas, the stage, the student council, and with the leftover time, the classroom, your efforts, dedication, determination, and enthusiasm were unreservedly impressive.

Along the way you have been taught and mentored by caring, intelligent, and truly exceptional teachers and administrators whose positive impacts are indelibly marked on the person that you have become. The worth of these impacts, so attentively made, will not fade over time.

Graduating from an institution that you loved attending every day for the last 5 years is never easy, especially in today's bizarre and challenging environment. Nevertheless, you are leaving knowing that you took full advantage of what Sacred had to offer you. Additionally, you depart Sacred with a group of close and dear friends that will be a lifelong treasure and comfort to you.

You have blossomed into a wonderful, empathetic, passionate, and intelligent young lady.

Love,

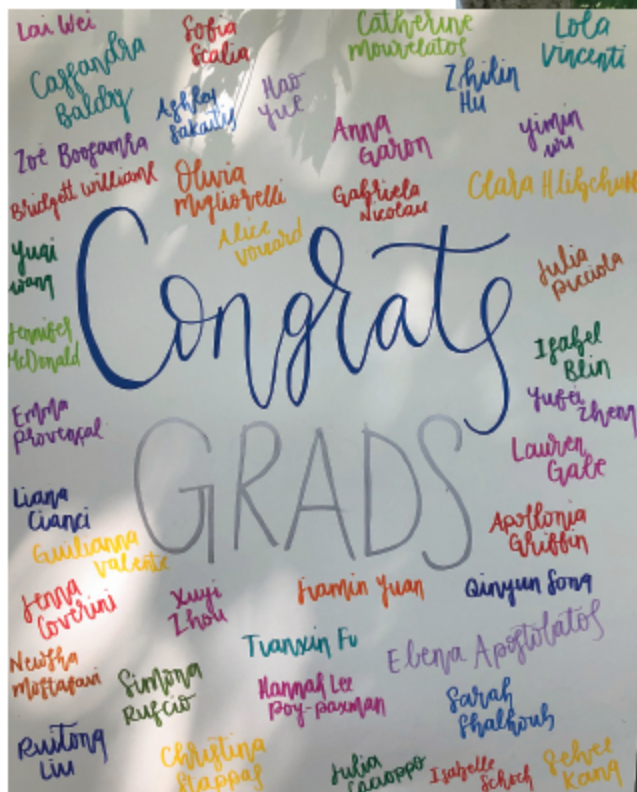
Mom, Dad, and Thomas XOXO

"Learning is not attained by chance, it must be sought for with ardor and attended to with diligence." - Abigail Adams



Autographs





Return to School





Class of 2020

